



Online
Parenting
Programs

Co-Parenting / Divorce Class

*Low-income discounts
available*

Foundational co-parenting class focusing on families in transition. Parents learn skills to avoid common mistakes in an effort to work together with their co-parent for the sake of the children.

Target: Divorcing, separating, never married parents or for parents seeking a modification.

Welcome

Welcome

Major Terms

Identify Your Co-Parent Relationship

Intake Forms

Court Case Information

Demographic Information

Relationship Information

Pre-Class Assessment - Part I

Pre-Class Assessment - Part II

Taking Care of You

Unit 1 - Taking Care of You

Before This Unit

What You Will Learn

Divorce and Separation

Grief and Loss

Stages of Adjustment

Managing Stress
Stay Safe
What Did You Learn
At The End of This Unit
Additional Resources
Sources

Taking Care of the Children

Unit 2 - Taking Care of the Children
Before This Unit
What You Will Learn
Childrens Reactions
Talking with Children
Attachment
Caution Areas!
What Did You Learn
At The End of This Unit
Additional Resources
Sources

Managing as a Single Parent

Unit 3 - Managing as a Single Parent
Before This Unit
What You Will Learn
Managing Communication
New Communication Styles
Managing Conflict
What Did You Learn
At The End of This Unit
Optional Reading
Sources

Co-Parenting

Unit 4 - Co-Parenting
Before This Unit
What You Will Learn

New Partnerships
Effective Co-parenting
Protect Children
When Co-Parenting Does not Work
What Did You Learn
At The End of This Unit
Additional Resources
Sources

Moving Ahead

Unit 5
Before This Unit
What You Will Learn
Finding Your Focus
Making Decisions
Caring for the Children
Designing a Parenting Plan
What Did You Learn
At The End of This Unit
Optional Reading
Additional Resources
Sources

Final Exam

Final Exam

Survey

Post-Class Assessment - Part I
Post-Class Assessment - Part II
Feedback on This Class

Completion

Completion