



Online
Parenting
Programs

Co-Parenting / Divorce Plus (+) 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. Plus (+) expanded content focuses on extended family dynamics and new partner relationships.

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

Adult Attachment
Stages of Adjustment
Handling Anger
Thinking about Stress
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
Ages and Stages
Talking about Difficult Topics
Talking with Children
Children's Stress
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
Communication and Break-Ups
Managing Children's Behavior
When Children Break the Rules
Managing Conflict

What Did You Learn
At The End of This Unit
Optional Reading
Additional Resources
Sources

Co-Parenting

Unit 4 - Co-Parenting
Before This Unit
What You Will Learn
New Partnerships
Effective Co-parenting
Protect Children
Disciplining with Your Co-Parent
When Co-Parenting Does not Work
Absent Parents
What Did You Learn
At The End of This Unit
Additional Resources
Sources

Moving Ahead

Unit 5
Before This Unit
What You Will Learn
Dealing with the Law and Legal Systems
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
Sources
Additional Resources

Final Exam

Final Exam

Survey

Post-Class Assessment - Part I

Post-Class Assessment - Part II

Feedback on This Class

Completion

Completion