Online Parenting Programs

2-Hour Co-Parenting/Divorce Class

Level 1 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.

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 Will You Learn
- Divorce and Separation
- Stages of Adjustment
- 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
- Caution Areas!
- What Did You Learn
- At The End of This Unit
- Additional Resources
- Sources

Co-Parenting

- Unit 3 - Co-Parenting
- Before This Unit
- What You Will Learn
- 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 4 - Moving Ahead
- 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

Survey

Completion