



Parents Forever™

Parents Forever™ is a family transition program for parents as they continue to parent together through a divorce or separation, and for never-married parents when they decide to parent apart.

Children need safety, care, and freedom from parental conflict, as well as love and limits from both parents.

NDSU EXTENSION
SERVICE

Dickinson

Stark/Billings County Extension Office
Phone: (701) 456-7665
www.ag.ndsu.edu/starkcountyextension

Fargo

Cass County Extension Office
Phone: (701) 241-5700
www.ag.ndsu.edu/casscountyextension

Mandan

Morton County Extension Office
Phone: (701) 667-3340
www.ag.ndsu.edu/mortoncountyextension

Minot

Ward County Extension Office
Phone: (701) 857-6450
www.ag.ndsu.edu/wardcountyextension

Watford City

McKenzie County Extension Office
Phone: (701) 444-3451
www.ag.ndsu.edu/mckenziecountyextension

Parents Forever™ is a research-based educational program developed by the University of Minnesota Extension to help parents through the process of making informed, child-supportive decisions during transitions such as separation and divorce, resulting in healthy children and positive parent-child relationships.

Who should take the Parents Forever™ Course?

- Parents experiencing a family transition such as separation or divorce
- Parents who are considering separation/divorce and who would like to learn more about the impacts on their family
- Parents who are divorced and experiencing challenges with co-parenting
- Never-married parents who do not live together but want to strengthen their co-parenting efforts

Why should I take this course?

Although many children experience the separation or divorce of parents, most of them will have relationships with those parents forever. Divorce can be a challenging and painful transition that children experience differently than adults. The distress of the adults involved in a divorce can interfere with their ability to respond to their children and their children's needs. However, parents and caregivers can find the tools they need to help themselves and their children through the difficult transition of separation or divorce. The information shared in this course puts parents on a path to minimize stress for themselves and their children and improve adjustment to transition difficulties.

What Will I Learn?

- What affects children's adjustment
- How a child's age and stage of development impacts stages of grief
- Strategies for successful co-parenting
- Games parents play and why they are harmful to children
- Best practices for communication skills
- Taking care of yourself and your children

Parents Forever™ can be taken online or in-person. Both versions of the class are based on the same content and designed to best meet the needs of parents going through a family transition such as divorce or separation.

www.parentsforevernd.org



Parents Forever™

Online Course

The **online course** is offered through the University of Minnesota Extension in cooperation with NDSU Extension.

- Available 24 hours a day, seven days a week
- Approximately 4.5 hours to complete, depending on skills and learning style (plus some computer compatibility set-up time)
- Certificate available upon completion
- Cost for the course is \$69
- Requires a reliable computer and Internet connection, plus other technical requirements
- Requires comfort with online learning
- Requires fifth- to eighth-grade reading level in English

Advantages:

- Available wherever an Internet connection is available
- Return as often as needed for up to 60 days to take the course when it works for your schedule
- Consistent information presented every time
- Saves driving to a site and possible child-care costs

To register online:

Go to **www.parentsforevernd.org**

In-person Course

NDSU Extension Service offers the **in-person course** in several counties across the state listed in this brochure.

- Classes offered at a variety of times and locations
- Takes four hours to complete
- Certificate available upon completion
- Cost for the class is \$55

Advantages:

- Group interaction and learning opportunities
- Connection to additional local agencies and resources
- Teaching can be adjusted to individual participant's needs
- Reduced fees possible in some locations

In-person registration policies:

Phone or email your local program coordinator **at least three weeks in advance** to discuss:

- Payment options
- Special accommodations
- Spanish language materials
- Other concerns, including people who should not attend classes together

NDSU EXTENSION SERVICE

County information

Parents Forever™

Class Registration Form

(please print)

Name _____

Street address _____

City _____

State _____ ZIP code _____

Phone # _____

Email _____

County where you are filing for divorce _____

Date of course you are attending _____

Class location _____

Is there anyone you prefer not to be in the same class? _____

Bring a current, valid photo ID to class for identification.

The class fee of \$55 per person, paid in full, is required before the start of class.

Please make checks payable to:

Mail or deliver payment to:

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice Provost for Title IX/ADA Coordinator, Old Main 201, NDSU Main Campus, 701-231-7708, ndsu.eoaa@ndsu.edu. This publication will be made available in alternative formats for people with disabilities upon request, 701-231-7881.