



## TO REGISTER FOR A CO-PARENTING CLASS

### ON-SITE:

To find an on-site class offered near you, check out the calendar on our website or contact your local county extension office.

### ONLINE:

In addition to on-site classes, Oklahoma Cooperative Extension Service offers an online option of the Co-Parenting for Resilience class for those participants who have been authorized by their judge to complete the program requirement online.

**VISIT OUR WEBSITE**  
[coparenting.okstate.edu](http://coparenting.okstate.edu)

## HOW DO I REGISTER FOR AN ON-SITE CLASS?

To register for a class, you need to do four things:

1. Choose which on-site class you would like to attend.
2. Fill out the registration form and survey provided by the county Extension office or found on the Co-Parenting website ([coparenting.okstate.edu](http://coparenting.okstate.edu)).
3. Pay the fee with a check, money order or cashier's check.
4. Put the registration form, the completed survey (or the survey verification form if taken on the Co-Parenting website) and payment in an envelope and return it to your County Extension Office.

Once the County Extension Office receives your forms, they will register you for the next available class. You should complete this process at least three business days prior to the start date. This will help guarantee your seat in the class of your choice.

**To Find Your Local County Extension Office Please Visit**

[extension.okstate.edu/county](http://extension.okstate.edu/county)



## CO-PARENTING FOR RESILIENCE

Helping Parents Help Their Children

### CLASS INFORMATION



**EXTENSION**

## WHO SHOULD TAKE THIS CLASS?

- Parents with a minor child who are experiencing divorce or separation
- Those who may be seeking custody, visitation, or paternity of minor children



## WHO ACCEPTS THIS CLASS?

The Co-Parenting for Resilience class was created by Oklahoma State University. The class is taught by specially trained Extension educators, and it has been accepted by judges and recommended by lawyers across Oklahoma for more than 25 years.

The class was developed by experts in the field and is continuously evaluated and updated to ensure the highest level of quality and effectiveness based on the latest research findings.

## WHAT IS THE CLASS ABOUT?

The Co-Parenting for Resilience program is a four hour class that is based on current research. It uses a combination of lecture, discussion, video, activities, and examples to help parents discover effective strategies that promote their children's healthy adjustment to their parent's separation.

The class addresses the following topics as required by Oklahoma law and the court system:

- Understanding the divorce process, including the emotions and experiences of children and parents, and how to promote healthy adjustment to parental separation
- How children are affected by parental separation, both in the short term and long term
- How the parent-child relationship changes following parental separation or divorce
- How to talk to your children about parental separation or divorce
- Developing a co-parenting plan
- How to manage conflict with a co-parent
- Financial obligations
- How to remain involved in your children's lives
- Family violence and other potential barriers to co-parenting
- Reconciliation as an option for some separating parents
- Area resources available to help you and your family during and after parental separation

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## WHAT DO CLASS PARTICIPANTS HAVE TO SAY?

*"I needed this class to help me learn how to deal with my children, how their feelings matter and how the divorce affects them. Thanks for teaching a program like this."*

*"This program taught me how important it is to communicate with my co-parent and how important both of us are in our children's lives."*