

## **DAKOTA COUNTY PARENT EDUCATION PROGRAMS**

### **PARENTS FOREVER PROGRAM**

The Parents Forever Program helps divorcing couples make child-supportive decisions to preserve a positive parenting relationship with their children and each other. The Parents Forever Program is a twelve-hour curriculum covering five topics. Instructors have professional training and experience in parent education, law and/or counseling. Classes can be taken online, visit <http://www.extension.umn.edu/Family/parents-forever/for-families/online-course-for-parents/> for more information.

### **CHILDREN IN BETWEEN**

The Center for Divorce Education offers live and online classes aimed at lowering stress levels of children and parents during dissolution by providing effective skills for interacting with their kids and each other. Call (877) 874-1365 or go to <https://www.divorce-education.com/mn/> for further information and registration.

### **ONLINE PARENTING PROGRAMS**

This online only company offers a wide array of parenting classes designed to assist families with co-parenting, parenting without conflict, parenting skills, military co-parenting, and behavioral skills training. Classes are between 2-12 hours in length with varying costs including sliding fee. Program benefits include multi-language availability, detailed reporting options, an ability to customize your education, and customer support. Detailed information and registration is available at: <https://minnesota.onlineparentingprograms.com/>. For more information call (866) 504-2883.

### **IMPACT-BASED PARENT EDUCATION**

Minnesota courts legislatively require that parents involved in litigation over children, be it divorce, parenting time, custody or paternity, attend a Minnesota Supreme Court approved parent education program, regardless if parents are proceeding by default and stipulated agreement. Impact Parent Education (IPE) for Separating and Divorcing Parents meets all requirements for court ordered online parent education under Minnesota Statute 518.157. Register online at <https://www.mediationworksnorth.org/> or call (218) 263-7307

### **CO-PARENTING 101**

This class is not your ordinary co-parenting class. Our dynamic and spirited instructors make it fun, filled with rewarding info, and a really great “life skills” class for reducing overall stress in all your relationships. This class focuses on reducing conflict in the co-parenting relationship, making sure parents can meet their own goals, tips and tools for easier transitions through divorce, as well as interactive communication exercises. Each participant goes home with a folder full of tools and resources, and lunch and snacks are included! Register online at [www.elliefamilyservices.com](http://www.elliefamilyservices.com) or by calling (651) 313-8080.

### **HEADWAY**

Parents attend two seminars: (1) Co-Parenting and (2) Legal and Economic Aspects of Divorce (LEAD). The Co-Parenting Seminar is a 4 ½ hour course that emphasizes the importance of workable communication between co-parents and provides tools to meet the ever-changing needs of children during the family transition. Co-Parenting is held in Richfield, Golden Valley, Shoreview, Ramsey, Inver Grove Heights, and Monticello. The LEAD Seminar is a 3 ½ hour course designed to be a basic introduction to the complex decision-making process of meeting the needs of children, managing the strong emotions parents often experience dealing with time and money, and navigating the foreign and sometimes confusing nature of law and finance. LEAD is held in Richfield and Monticello. Visit the <https://www.headway.org/home/> or call (612) 861-1675 for more information.