

OVERVIEW

Nebraska Extension's "Co-Parenting for Successful Kids" is a research-based education class designed to help separating and divorcing parents cope with divorce and custody.

The class is offered on-site at four locations in Nebraska, and online.

Parents learn to answer the children's questions and keep their children safe and out of their conflict. "Co-Parenting for Successful Kids" strengthens communication skills that can improve interactions with children and the other parent. The goal of the class is to develop respectful, responsive and responsible co-parenting.

For More Information or Additional Brochures:

Co-Parenting for Successful Kids
Nebraska Extension
855-308-8037 (toll-free)
parenting@unl.edu
Gail Brand, Statewide Coordinator

Additional Resources at child.unl.edu/divorce

- Nebraska Resources: Legal, Support Services and Domestic Violence
- Website and Book List For Parents Experiencing Divorce/and or Custody Issues
- Nebraska Extension's "Supporting Stepfamilies Workbook with Lessons and Activities for Parents and Children"

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

Nebraska Extension's educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

ONLINE CLASSES

To register:

go.unl.edu/coparenting
go.unl.edu/coparenting/spanish

The online class includes video instruction, interactive pages and chapter reviews.

Participants need:

- internet access
- register with a major credit card
- an email address

Cost is \$50. *Reduced fees are available for income-eligible participants — application at child.unl.edu/divorce or call to request.*

Parents may take the class in one approximately three hour setting or break it up into segments that meet individual scheduling need. They have 30 days to complete the course.

Online participants may also participate in an on-site class at no additional charge if additional instruction is needed.

After completing the chapter checks and evaluations, the official Nebraska Certificate of Completion of Parenting Education Course will be made available for you to download and print within five working days.

Online class includes:

- Responses to your questions related to your unique situation via email from Extension staff. Many say this is a unique and valuable part of this class.
- Video instruction with strategies for developing child-centered co-parenting plan and how mediation works in Nebraska.
- Instructions of how to minimize stress for children by keeping them out of the middle of the adult conflict.
- Downloadable practical resources.

ONLINE CLASS ASSISTANCE

If you need a computer and/or assistance getting started, the following Extension offices can help — by appointment only. Please call ahead.

CONCORD

Dixon County Extension
57905 866 Rd., Concord, NE 68728
402-584-2234

FREMONT

Dodge County Extension
1206 W. 23rd St., Fremont, NE 68025
402-727-2775

KEARNEY

Buffalo County Extension
1400 E. 34th St., Kearney, NE 68847
308-236-1235

NORFOLK

Madison County Extension
601 E. Benjamin Ave., Ste. 105, Norfolk, NE 68701
402-370-4040

O'NEILL

Holt County Extension
128 N. 6th St., Ste. 100, O'Neill, NE 68763
402-336-2760

SCOTTSBLUFF

Scotts Bluff & Morrill Counties Extension
4502 Ave. I, Scottsbluff, NE 69361
308-632-1480

SEWARD

Seward County Extension
123 S. 9th St., Seward, NE 68434
402-643-2981

THEDFORD

Central Sandhills Extension
503 Main St., Thedford, NE 69166
308-645-2267

TRENTON

SW 3 Extension in Hitchcock County
229 E. D St., Trenton, NE 69044
800-237-5564

WILBER

Saline County Extension
306 W. Third St., Wilber, NE 68465
402-821-2151



Co-parenting for
Successful Kids

ONLINE CLASSES (English)

go.unl.edu/coparenting

ONLINE CLASSES (Spanish)

go.unl.edu/coparenting/spanish

ON-SITE CLASSES

child.unl.edu/divorce

2017



Approved by the Nebraska Supreme Court as a Basic (Level One) Parenting Class mandated for parents experiencing separation, custody and divorce.

Parent Education Approval granted by: Neb. Rev. Stat. §43-2920, et seq. Supreme Court of Nebraska (2008)

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EXTENSION

UNIVERSITY OF
Nebraska
Lincoln

ON-SITE CLASSES — 2017



child.unl.edu/divorce



On-site (in person) classes are available at seven locations across Nebraska. Classes include educational presentation, videos and handouts. Parents gain positive educational experiences by being in a classroom with others in similar transitions. Parents say they appreciate learning strategies which have worked for their classmates.

Cost is \$50. *Reduced fees are available for income-eligible participants — application at child.unl.edu/divorce or call to request.*

It is recommended parents of the same child/children take different classes.

Spanish interpreters are available upon advance request in Columbus, Grand Island and Norfolk.

If class is cancelled due to low enrollment, participants will be notified and may participate online or at a different location.

“ Keeping the child out of the middle of the conflict and working with the other parent to come up with a parenting plan that works for the both of us. ”

“ I learned to listen, be patient, to communicate, keep lines of communication open, and to talk positively about my spouse. ”

What participants are saying:

“ The mix of journal entries, quizzes, and videos [in online class] made the information ‘sink in’ better than just quizzes alone would have. ”

“ The information was very helpful in reaffirming that as parents we must work together to do what is in the best interest of our daughter to provide her with support, encouragement, and stability. ”

COLUMBUS* (Central Time)	
Platte County Extension, 2610 14th St., Columbus, NE 68601	
402-563-4901	
Thu., Jan. 26, 1–4:30pm	Thu., July 27, 1–4:30pm
Thu., Feb. 16, 1–4:30pm	Thu., Aug. 17, 1–4:30pm
Thu., Mar. 16, 1–4:30pm	Thu., Sep. 21, 1–4:30pm
Mon., April 20, 1–4:30pm	Thu., Oct. 26, 1–4:30pm
Thu., May 18, 1–4:30pm	No Class in November
No Class in June	Thu., Dec. 7, 1–4:30pm
*Spanish Interpreter Upon Advance Request	

GRAND ISLAND* (Central Time)	
Hall County Extension, 3180 W. Hwy 34, Grand Island, NE 68801	
Barb Hovie • 308-385-5088	
Tue., Jan. 10, 1–4:30pm	Tue., July 11, 1–4:30pm
Tue., Feb. 14, 1–4:30pm	Tue., Aug. 8, 1–4:30pm
Tue., Mar. 14, 1–4:30pm	Tue., Sep. 12, 1–4:30pm
Tue., April 11, 1–4:30pm	Tue., Oct. 10, 1–4:30pm
Tue., May 2, 1–4:30pm	Tue., Nov. 14, 1–4:30pm
Tue., June 13, 1–4:30pm	Tue., Dec. 12, 1–4:30pm
*Spanish Interpreter Upon Advance Request	

LINCOLN (Central Time)	
Lancaster Extension Education Center, Suite A 444 Cherrycreek Rd., Lincoln, NE 68528	
402-441-7180	
Thu., Jan. 12, 9am–12:30pm	Thu., July 13, 9am–12:30pm
Thu. Feb. 9, 9am–12:30pm	Thu., Aug. 10, 9am–12:30pm
Thu., Mar. 9, 9am–12:30pm	Thu., Sep. 14, 9am–12:30pm
Thu., Apr. 13, 9am–12:30pm	Thu., Oct. 12, 9am–12:30pm
Thu., May 11, 9am–12:30pm	No Class in November
Thu., Jun. 8, 9am–12:30pm	Thu., Dec. 14, 9am–12:30pm

NORFOLK* (Central Time)	
Class: Lifelong Learning Center, 601 E. Benjamin Ave., Norfolk	
Mail registration: Knox County Extension, P.O. Box 45, Center, NE 68724	
Ruth Vonderohe • 402-288-5611	
Mon., Jan. 9, 1–4:30pm	Mon., July 10, 1–4:30pm
Mon., Mar. 6, 1–4:30pm	Mon., Sep. 11, 1–4:30pm
Mon., May 8, 1–4:30pm	Mon., Nov. 6, 1–4:30pm
*Spanish Interpreter Upon Advance Request	

2017 On-Site Class Registration

PLEASE REGISTER AT LEAST 5 DAYS IN ADVANCE!

If paying with check, please mail this form (use contact info for class location — see left).

Make check for \$50 payable to “University of Nebraska–Lincoln”

If paying with credit card, please register at go.unl.edu/coparenting or go.unl.edu/coparenting/spanish

If less than 5 days in advance, call for availability.

Class location:
 Columbus Grand Island Lincoln Norfolk

Class date attending _____

Name _____

Address _____

City, zip code _____

Day phone # _____

Second phone # _____

Email address _____

Birthdate (required) _____

Name of other parent _____

Check all that apply: low conflict high conflict
 protection order for child or adult

Children's ages _____

District Court case filed in (county) _____

Case Number _____

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