Parenting Apart: Effective Co-Parenting

An Educational Program for Divorcing Parents

Tennessee has one of the highest divorce rates in the U.S. Because divorce is so common, it may seem like adjustment to divorce has become easier for everyone involved. In reality, divorce is hard for all family members, especially children. Because of concerns about the negative impact of divorce on children, the Tennessee State Legislature passed a law requiring divorcing parents of minor children to attend a parent education program.

University of Tennessee Extension has developed a four-hour program, "Parenting Apart: Effective Co-Parenting," to help divorcing parents learn how to help their children cope with the issues that arise because of the parents' divorce.

The following topics are covered in the program:

1. facts about divorce
2. the processes of divorce and mediation
3. domestic violence and divorce
4. dealing with stress
5. how children react to divorce
6. positive communication skills
7. helping children get through divorce
8. keeping children out of the middle of conflicts
9. the family after divorce

Classes include group discussion, the viewing of videos and lecture. Each participant will receive a booklet about parenting through divorce and a list of local resources. Classes are taught by Donna Calhoun, an Extension Family and Consumer Sciences (FCS) agent.

Read the program brochure for more information and a registration form.

Cost for the class is $40.00 if paid prior to the date of class. $50.00 if paid the day of class.