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## OSU Extension *Successful Co-Parenting*

Data available from the Ohio Department of Health shows that there were over 154,000 divorces from 2007 to 2010\* affecting more than 73,000 children statewide (Ohio Department of Health, 2010). Divorce is a difficult process for adults and is even more difficult when children are involved. While some parents are concerned with how the divorce impacts their children, unfortunately, others are unaware of their children's mental and emotional turmoil. During this difficult time, parents need to know how best to help their children adapt to the many changes caused by divorce.

### **What is *Successful Co-Parenting*?**

*Successful Co-Parenting* is an educational program intended to familiarize parents with information, skills, and techniques to minimize the negative effects of separation and divorce on children. It also promotes positive adjustment during the divorce process. While this is not a traditional parenting class, it is a co-parenting class. The term *co-parenting* refers to the cooperative process of parenting together while living apart. There are great benefits to children when parents work together in a civil and purposeful way. *Successful Co-Parenting* is organized in three sections:

### **Taking Care of You**

Parents learn about their own grief and loss during the divorce process and the importance of maintaining their emotional health.

### **Taking Care of Your Child**

Parents learn how crucial stability is to helping their children adapt during the divorce process and its importance to their child's development. As children experience complicated emotions and changes, parents can provide support through communication and by spending time together.

### **Taking Care of Your New Co-Parents Relationship**

Parents learn how to help children avoid stressful situations by striving to have a good working relationship with their co-parent. Parents also learn ways of resolving problems and the importance of positive communication.

\*Data from 2011-2014 are not available.



## OSU Extension *Successful Co-Parenting*

### What is *Successful Co-Parenting*?

*Successful Co-Parenting* is an educational program that helps parents minimize the negative effects of separation and divorce on children as they adjust to the process of parenting together while living apart. It is offered in cooperation with the Holmes County Common Pleas Courts and conducted by a qualified professional from the Ohio State University Extension, Holmes County Office.

### How Do I Register?

To register or for more information, contact OSU Extension, Holmes County at 330-674-3015 or go to <http://holmes.osu.edu>.

- Have court assigned case number when registering
- Plan to arrive 10 minutes before class starts to get registration and paperwork completed before class starts.
- Child care is not provided.
- Failure to pre-register may result in class cancellation.
- If participants arrive more than 15 minutes late, they must attend the next session.

### What is the Fee?

Registration fees are \$25.00 per person and payable the date of the session. Please make checks payable to: OSU Extension. Cash is also accepted.

### Certificates

Certificates will be given at the end of the session to those attending who have paid the fee. Documentation of program completion will be sent to the Common Pleas Courts and filed.

### Where Are Classes Located?

All classes are held in the Holmes County Clinton Street Office Building (Old Rodhe's), Upstairs Meeting Room, located at 75 E Clinton St., Millersburg, OH 44654

### 2019 Scheduled Dates and Times

All classes are held from (6:00-8:00 pm).

January 2	April 3	July 3	October 9
January 16	April 17	July 17	October 23
February 6	May 1	August 7	November 6
February 20	May 15	August 21	November 20
March 20	June 5	September 4	December 4
	June 19	September 18	December 18

