



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 separating parents learn how to help their children cope with the issues that arise because of the parents' divorce. The program covers:

- Facts about divorce
- Process of divorce and mediation
- Dealing with stress
- Children's reactions to and coping with divorce
- Keeping children out of conflict
- Positive communication skills
- Domestic violence and divorce
- The family after divorce
- Self-care during the separation

Classes include group discussion and activities, videos, and lecture. Participants receive a booklet about parenting through divorce and a list of local resources. Classes are taught by qualified Extension Family and Consumer Sciences (FCS) agents.

## COST

\$40 per person if paid in advance; \$50 cash if paid at the door.

## CLASS AVAILABILITY

Participants must register in advance to hold a place in the class. Those who do not preregister may not be admitted. Classes of less than five preregistered participants may be canceled. Refer to the class schedule or contact your local UT Extension Office for more information.

## WHEN & WHERE

AGENT/COUNTY

ADDRESS

PHONE

DATE/TIME

## IMPORTANT

- Parents should plan to take this class as soon as possible after filing for a parenting plan and/or divorce.
- You may attend a class at a location other than where you filed, but check to be sure that an Extension class taken in another county will be accepted by the judge hearing your case.
- Divorcing spouses are strongly encouraged to attend separate classes.
- Do not bring children to class. Child care is not provided and the subject matter is not intended for children.
- Classes begin on time and participants will not be allowed to attend if they arrive after the starting time.

## REGISTRATION FORM

Please detach this form and return it with your payment to the UT Extension office where you will attend the class.

NAME

MAILING ADDRESS

PREFERRED PHONE

EMAIL

COURT OF FILING

DOCKET #

NAME OF OTHER PARENT

# OF CHILDREN

AGES OF CHILDREN

COMMENTS

## METHOD OF PAYMENT\*

- \$40 fee enclosed. Make check payable to \_\_\_\_\_ County Extension.
- Payments made in CASH at the door will be \$50. (Please arrive 10 minutes early.)

*\*If payment is a problem, please contact the Extension agent prior to registration in the county in which you will attend the class.*



# PARENTING APART:

## EFFECTIVE CO-PARENTING

An Educational Program for Separating Parents

### CLASS SELECTION

Record the time, date and location of your class here.

Location \_\_\_\_\_  
Date \_\_\_\_\_  
Time \_\_\_\_\_

## FAMILY & CONSUMER SCIENCES

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