



Fewer than half of America's children can expect to live out their childhood with their biological parents, whether their parents are divorced or never married. Research shows that on average these children:

- get sick more often
- get in trouble more often
- get lower grades at school
- have more trouble making friends

When parents cannot work constructively through custody, child support and other difficult divorce issues, the pain for both parents and children endures long after the divorce is final.

Parents Forever participants learn how to make informed, child supportive decisions, so that children will come through divorce healthy and with a positive relationship with both parents.

Parents Forever is a comprehensive educational program that puts parents on the path to minimizing stress for themselves and for their children.

"It's changed me! It's taken the focus more off of me and put it on "Where do my kids fall into play here?"

Parents Forever participant

Session topics include:

The impact of Divorce on Adults

Outlines the typical stages of divorce—not just the legal separation, but also the emotional work of thinking like a single person again.

The Impact of Divorce on children

Focuses on how divorce affects their children and how parents can help them through the transition.

Legal Issues and Meditation

Is a nuts-and-bolts look at the many legal issues that surface in divorce. Also provided is an introduction to mediation, which many parents find preferable to litigation in making divorce and custody decisions.

Money Issues

Helps parents to calculate the true cost of raising children and it demonstrates how divorce affects a family's standard of living. Topics include information about child support, easy-to-use budget worksheets and how to talk to your children about money.

Pathways to a New Life

Explores some fundamental steps for divorcing parents to get on with their lives, including letting go of the past, redefining their shared role as parents and developing a new circle of friends.

Parents Forever is offered quarterly in Fergus Falls.

2009 Program Dates

All sessions are held from 6:00 - 9:00 p.m. To insure the safety of all participants, all sessions are offered at two sites. The 2009 quarterly program dates are available on:

- January 15, 22, and 29
- April 14, 21, and 28
- July 14, 21, and 28
- October 1, 8, and 15

"Attorneys report a benefit in improved and more mature decision-making by divorcing clients who receive this education. Less cost in time and money spent in the legal system is a good result. But the more significant benefit to parents, their children, and society at large, is the reduced stress and positive and long-term relationship changes which flow from the education Parents Forever provides."

*The Late Hon. Thomas M. Stringer
District Court Judge*



Parents Forever is a program that educates parents to take positive action toward four goals:

1 Putting the best interest of their children first.

2 Permitting children access to both parents, when safe to do so.

3 Avoiding conflicts in front of their children.

4 Avoiding putting their children in the middle.

Contact information

For more *Parents Forever* information contact one of these local sponsors:

Fergus Falls Community Education
218-998-0544, Ext. 1600

Otter Tail District Court
218-998-8420

To print a copy of the registration form, visit the Otter Tail County's web site:

www.co.otter-tail.mn.us/ParentsForever

For more parenting information, visit the University of Minnesota Extension Service web site:

www.parenting.umn.edu

This course meets the requirements of Minnesota legislation, which became effective in January, 1997, that mandates all parents of minor children going through a divorce with contested custody or parenting time issues to complete a divorce education program. Upon completion, participants receive a certificate recognized by the court as compliance with orders to participate.



**PARENTS
FOREVER**

EDUCATION FOR FAMILIES
IN DIVORCE TRANSITION

*Understanding
the impact of
divorce on children*

2009 Quarterly Program Dates
Fergus Falls

UNIVERSITY OF MINNESOTA
Extension
SERVICE