

## WHO SHOULD TAKE THIS CLASS?

- ∴ Parents with a minor child who are experiencing divorce or separation
- ∴ Those who may be seeking custody, visitation, or paternity of minor children

*For more information or to register for a class, go to:* [coparenting.okstate.edu](http://coparenting.okstate.edu)

## WHAT IS THE CLASS ABOUT?

The Co-Parenting for Resilience program is a 3 to 4 hour class that is based on current research. It uses a combination of lecture, discussion, video, activities, and examples to help parents discover effective strategies that promote their children's healthy adjustment to their parent's separation.

The class addresses the following topics as required by Oklahoma law and the court system:

- ∴ Understanding the divorce process, including the emotions and experiences of children and parents and how to promote healthy adjustment to parental separation
- ∴ How children are affected by parental separation, both in the short term and long term
- ∴ How the parent-child relationship changes following parental separation or divorce
- ∴ How to talk to your children about parental separation or divorce
- ∴ Developing a co-parenting plan
- ∴ How to manage conflict with a co-parent
- ∴ Financial obligations
- ∴ How to remain involved in your children's lives
- ∴ Family violence and other red flags to parents working together
- ∴ Reconciliation as an option for some separating parents
- ∴ Area resources available to help you and your family during and after parental separation

## WHO ACCEPTS THIS CLASS?

The Co-Parenting for Resilience class was created by Oklahoma State University. The class is taught by specially trained Extension Educators, and it has been accepted by judges and recommended by lawyers across Oklahoma for more than 20 years. The class was developed by experts in the field and is continuously evaluated and updated to ensure the highest level of quality and effectiveness based on the latest research findings.

## GARVIN & MCCLAIN COUNTY ON-SITE CLASS INFORMATION. PLEASE REGISTER AT EITHER OF THESE LOCATIONS:

### MICKEY SIMPSON

McClain County Cooperative Extension Service  
1721 Hardcastle Blvd., Suite A  
Purcell, OK 73080  
405-527-2174  
[mickey.simpson@okstate.edu](mailto:mickey.simpson@okstate.edu)

### CONNIE WOLLENBERG

Garvin County Cooperative Extension Service  
201 W. Grant Ave., Room 7, Courthouse  
Pauls Valley, OK 73075  
405-238-6681  
[connie.wollenberg@okstate.edu](mailto:connie.wollenberg@okstate.edu)

## WHAT DO CLASS PARTICIPANTS HAVE TO SAY

*I needed this class to help me learn how to deal with my children, how their feelings matter and how the divorce affects them. Thanks for teaching a program like this."*

*"This program taught me how important it is to communicate with my co-parent and how important both of us are in our children's lives."*



## 2018 GARVIN/MCCLAIN COUNTY CLASS INFORMATION

**JANUARY 26 \*\* 9 AM – 12:30 PM**  
*Registration Deadline January 23*

**FEBRUARY 23 \*\* 9 AM – 12:30 PM**  
*Registration Deadline February 20*

**MARCH 29 \*\* 9 AM – 12:30 PM**  
*Registration Deadline March 26*

**APRIL 20 \*\* 9 AM – 12:30 PM**  
*Registration Deadline April 17*

**MAY 25 \*\* 9 AM – 12:30 PM**  
*Registration Deadline May 22*

**JUNE 22 \*\* 9 AM – 12:30 PM**  
*Registration Deadline June 19*

**JULY 20 \*\* 9 AM – 12:30 PM**  
*Registration Deadline July 17*

**AUGUST 17 \*\* 9 AM – 12:30 PM**  
*Registration Deadline August 14*

**SEPTEMBER 21 \*\* 9 AM – 12:30 PM**  
*Registration Deadline September 18*

**OCTOBER 26 \*\* 9 AM – 12:30 PM**  
*Registration Deadline October 23*

**DECEMBER 7 \*\* 9 AM – 12:30 PM**  
*Registration Deadline December 4*

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# Co-Parenting for Resilience:

## TO REGISTER FOR A CLASS

### ON-SITE:

To find an on-site class offered near you, check out the Co-Parenting Calendar on our website or contact your local county extension office.

### ONLINE:

In addition to on-site classes, the Oklahoma Cooperative Extension Service offers an online option of the Co-Parenting for Resilience class for those participants who have been authorized by their judge to complete the program requirement online.

**VISIT OUR WEBSITE**  
[coparenting.okstate.edu](http://coparenting.okstate.edu)



## HOW TO I REGISTER FOR AN ON-SITE CLASS?

**EXTENSION OFFICE (ON-SITE)  
FEE \$35**

To register for a class on-site, you need to do four things:

1. Choose which on-site class you would like to attend.
2. Fill out the registration form and survey provided by the County Extension Office or found on the Co-Parenting website ([coparenting.okstate.edu](http://coparenting.okstate.edu)).
3. Pay the fee with a check, money order or cashier's check.
4. Put the registration form, the completed survey (or the survey verification form if taken on the Co-Parenting website) and payment for the fee (\$35) in an envelope and return it to County Extension Office.

Once the County Extension Office receives your forms, they will register you for the next available class. You should complete this process at **least three business days prior to the date of class.** This will help guarantee your seat in the class of your choice.



# Co-Parenting for Resilience:

**HELPING PARENTS HELP THEIR CHILDREN**

## 2018 GARVIN/MCCLAIN COUNTY CLASS INFORMATION

### Mid-America Technology Center

27438 State Highway 59, Wayne, OK 73095  
Business & Industry Bldg, Rm 316

**Fee: \$35**

(dates, time, registration deadline provided in brochure)

Oklahoma Cooperative Extension Service  
Family and Consumer Sciences  
College of Human Sciences

