

OVERVIEW

Nebraska Extension's "Co-Parenting for Successful Kids" is a research-based education class designed to meet court-mandated requirements for parents who are divorcing, seeking custody modification, or never married and seeking custody. The goal of the class is to develop respectful, responsive and responsible co-parenting.

This class is offered:

- online and available anytime
- on-site at several locations in Nebraska
- in both English and Spanish online

For more information or additional brochures:

Co-Parenting for Successful Kids
Nebraska Extension

855-308-8037 (toll-free)
parenting@unl.edu

Linda Reddish, Statewide Coordinator

Additional Resources at child.unl.edu/coparenting

- Nebraska Resources: Legal, Support Services and Domestic Violence
- Website and Book List for Parents Experiencing Divorce and/or Custody Issues
- Nebraska Extension's "Supporting Stepfamilies Workbook with Lessons and Activities for Parents and Children"

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

Nebraska Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

ONLINE CLASSES - now offered in English and Spanish

To register:

go.unl.edu/coparenting

or to register for Spanish:

go.unl.edu/coparenting-spanish

The online class includes video instruction, interactive pages and chapter reviews.

Participants need:

- internet access
- register with a major credit card
- an email address

Cost is \$50. *Reduced fees are available for income-eligible participants — application at child.unl.edu/coparenting or call to request.*

Parents may take the class in one setting (approximately three hours) or break it up into segments that meet individual scheduling needs. The co-parent has 30 days to complete the course.

Online participants may also participate in an on-site class at no additional charge if additional instruction is needed.

After completing the chapter checks and evaluations, the official Nebraska Certificate of Completion of Parenting Education Course will be made available for the co-parent to download and print within five working days.

Online class includes:

- Responses to your questions related to your unique situation via email from Extension staff. Many say this is a unique and valuable part of this class.
- Video instruction with strategies for developing a child-centered co-parenting plan and how mediation works in Nebraska.
- Instructions of how to minimize stress for children by keeping them out of the middle of the adult conflict.
- Downloadable practical resources.

ONLINE CLASS ASSISTANCE

If you need a computer and/or assistance getting started, the following Extension offices can help — by appointment only. Please call ahead.

855-308-8037

CONCORD

Dixon County Extension

57905 866 Rd, Concord, NE 68728

FREMONT

Dodge County Extension

1206 W 23rd St, Fremont, NE 68025

KEARNEY

Buffalo County Extension

1400 E 34th St, Kearney, NE 68847

NORFOLK

Madison County Extension

601 E Benjamin Ave, Ste 105, Norfolk, NE 68701

O'NEILL

Holt County Extension

128 N 6th St, Ste 100, O'Neill, NE 68763

SCOTTSBLUFF

Scotts Bluff & Morrill County Extension

4502 Ave I, Scottsbluff, NE 69361

SEWARD

Seward County Extension

123 S 9th St, Seward, NE 68434

THEDFORD

Central Sandhills Extension

503 Main St, Thedford, NE 69166

TRENTON

SW 3 Extension in Hitchcock County

229 E D St, Trenton, NE 69044

WILBER

Saline County Extension

306 W Third St, Wilber, NE 68465



Co-parenting for Successful Kids

ONLINE CLASSES (English)

go.unl.edu/coparenting

ONLINE CLASSES (Spanish)

go.unl.edu/coparenting-spanish

ON-SITE CLASSES

child.unl.edu/coparenting

2018



Approved by the Nebraska Supreme Court as a Basic (Level One) Parenting Class mandated for parents experiencing separation, custody and divorce.

Parent Education Approval granted by: Neb. Rev. Stat. §43-2920, et seq. Supreme Court of Nebraska (2008)

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child.unl.edu/coparenting



On-site (in person) classes are available at several locations across Nebraska. Classes include educational presentation, videos and handouts. Parents gain positive educational experiences by being in a classroom with others in similar transitions. Parents say they appreciate learning strategies which have worked for their classmates.

It is recommended co-parents of the same child/children take this class at different times or locations.

Cost is \$50. *Reduced fees are available for income-eligible participants — submit application at child.unl.edu/divorce or call to request.*

Spanish interpreters are available **upon advance request** in Columbus, Lincoln, Norfolk & Omaha.

Classes in Grand Island will alternate monthly between English and Spanish.

If class is cancelled due to low enrollment, participants will be notified and may participate online or at a different location.

ON-SITE CLASS LOCATIONS & SCHEDULES



BEATRICE (Central Time)

The Resolution Center,
120 S 5th St, Beatrice, NE 68310

Kelly Riley • 402-223-6061

No class in January	Mon, July 30, 6pm–9:30pm
Mon, Feb. 12, 6pm–9:30pm	No Class in August
Mon, Mar. 26, 6pm–9:30pm	Mon, Sep. 10, 6pm–9:30pm
No class in April	Mon, Oct. 22, 6pm–9:30pm
Mon, May 7, 6pm–9:30pm	Mon, Nov. 26, 6pm–9:30pm
Mon, June 18, 6pm–9:30pm	No class in December

COLUMBUS* (Central Time)

Platte County Extension, 2715 13th St,
Columbus, NE 68601

Beth Jones • 402-563-4901

Thu, Feb. 15, 1–4:30pm	Thu, July 26, 1–4:30pm
Thu, Apr. 19, 1–4:30pm	Thu, Sep. 20, 1–4:30pm
Thu, May 10, 1–4:30pm	Thu, Nov. 8, 1–4:30pm

*Spanish Interpreter Upon Advance Request

GRAND ISLAND** (Central Time)

Hall County Extension, 3180 W Hwy 34,
Grand Island, NE 68801

Barb Hovie • 308-385-5088

Tue, Jan. 9, 1–4:30pm English	Tue, July 10, 1–4:30pm English
Tue, Mar. 13, 1–4:30pm English	Tue, Sep. 11, 1–4:30pm English
Tue, May 8, 1–4:30pm English	Tue, Nov. 13, 1–4:30pm English

**PLEASE NOTE: Classes in English & Spanish will alternate months at Grand Island location. Spanish classes will be held Feb. 13, Apr. 10, June 12, Aug. 14, Oct. 9

LINCOLN (Central Time)

Lancaster Extension Education Center,
444 Cherrycreek Rd, Ste A, Lincoln, NE 68528

402-441-7180

Thu, Jan. 11, 9am–12:30pm	Thu, July 12, 9am–12:30pm
Thu, Feb. 8, 9am–12:30pm	Thu, Aug. 9, 9am–12:30pm
Thu, Mar. 8, 9am–12:30pm	Thu, Sep. 13, 9am–12:30pm
Thu, Apr. 12, 9am–12:30pm	Thu, Oct. 11, 9am–12:30pm
Thu, May 10, 9am–12:30pm	Thu, Nov. 8, 9am–12:30pm
Thu, June 14, 9am–12:30pm	No class in December

NORFOLK* (Central Time)

Madison County Extension,
601 E Benjamin Ave, Ste 105, Norfolk, NE 68701

Pam Foltz • 402-370-4040

Thu, Jan. 18, 1–4:30pm	Thu, Aug. 16, 1–4:30pm
Thu, Mar. 1, 1–4:30pm	Thu, Oct. 11, 1–4:30pm
Thu, June 21, 1–4:30pm	Thu, Dec. 6, 1–4:30pm

*Spanish Interpreter Upon Advance Request

NORTH PLATTE (Central Time)

Serenity Counseling Services
1300 E 4th, Ste H, North Platte, NE 69101

Janeen Gill • 308-737-1351

Please call for class dates and times!

OMAHA* (Central Time)

Douglas-Sarpy County Extension
8015 W Center Rd, Omaha, NE 68124

402-444-7804

Sat, Feb. 3, 9am–12:30pm	Thu, Aug. 4, 9am–12:30pm
Sat, Apr. 7, 9am–12:30pm	Thu, Oct. 6, 9am–12:30pm
Sat, June 2, 9am–12:30pm	

*Spanish Interpreter Upon Advance Request

On-site courses listed above - please REGISTER ONLINE at least 5 days in advance!
If less than 5 days in advance, call for availability.
To register: go.unl.edu/coparenting or go.unl.edu/coparenting-spanish

What Participants Are Saying:

“I learned to listen, be patient, to communicate, keep lines of communication open, and to talk positively about my spouse.”

“I have learned from this course to not use the children as objects in our conflicts, or try to “get one over” on the other co-parent. This course has made me realize that even the little things that I say or the things that I pay little attention to can have a major impact on my children.”

“The mix of journal entries, quizzes, and videos [in online class] made the information ‘sink in’ better than just quizzes alone would have.”

“...It was a bit of a wake up call to realize my parenting style and how much I see how it is affecting my kids. Today, when it was time for chores, my kids basically shrugged them off and when I became upset, they matched my behavior. Once I took a brief break and approached them in a calm way, their behavior changed as well.”