

# Parenting & Family Relationship Classes

September, October, November 2025

All classes are virtual



## EVERY DAY PARENTING

### Raising Wisconsin's Children

Quick, helpful tips! Building self-esteem, managing strong feelings, encouraging sibling bonds.

September 18, October 16, November 20 | 1 PM

### Raising a Thinking Child

For caregivers of 4- to 7-year-olds. Help your child solve problems and talk through tough moments. Early childhood educators can earn 12 Wisconsin Registry credits.

Weekly November 4 - December 9 | 9 AM or 6 PM

### Triple P Positive Parenting Program

#### For parents and caregivers of kids 0 to 12 years

Boost confidence, learn simple strategies for raising happy, healthy children. Includes bedtime routines.

Weekly September 9-30 | 9 AM or 6 PM

#### For parents and caregivers of teens

Build better relationships, boost teen confidence, reduce conflict.

Weekly November 18-December 16 | 9 AM or 6 PM

### Focus on Fathers

Designed for dads, open to all. Strengthen bonds, support social/emotional learning, connect with other parents.

September 9 | 6 PM

## FAMILY TRANSITIONS

### Parents Forever

For parents navigating separation or divorce. Reduce stress for kids, co-parent peacefully, self-care.

Monthly | Dates Vary

### Resilient Co-Parenting

Support for new or experienced co-parents. Explore relationship readiness, mindful money, family rhythm.

September 4, October 2, November 6 | 7:00 PM

## KIDS MENTAL HEALTH

### Triple P Fear-Less

Support children struggling with anxiety. Build confidence, respond positively to anxious behaviors.

Weekly October 7-November 18 | 9 AM or 6 PM

### How to Help Your Child Who Feels Down

Learn research-based tools to support your children when they're feeling low. Covers mood and how to help.

September 24 & October 1 | 7 PM

## HEALTHY RELATIONSHIPS

### Strong Couples

Build a stronger relationship. Free, research-based: 6 self-paced online lessons + 5 coaching calls.

Visit [parenting.extension.wisc.edu/strong-couples](https://parenting.extension.wisc.edu/strong-couples)

## VISIT CLASS CALENDAR

Use the QR code or the link below to sign up!



<https://parenting.extension.wisc.edu/class-calendar>

To make sure everyone has a great experience, we limit the number of spots in our classes. Registration is required.



**Human Development & Relationships Institute**  
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