

COPED Agencies and their Classes

Agency	Class Name	Class Description
Family Service 501 S. 7th St. Lincoln, NE 68508 (402) 441-7949	TransParenting <i>A cooperative effort of CF STAR agencies — Family Service, Child Guidance, Lutheran Family Services and Lincoln Medical Education Partnership</i>	This 4-hour session includes a program workbook and utilizes video scenarios, role plays, interactive activities and informational lecture. Offered monthly. Cost: \$40/adult.
Lutheran Family Services 2900 O St., Suite 200 Lincoln, NE 68510 (402) 435-2910	Children in the Middle <i>A cooperative effort of Lutheran Family Service and Child Guidance</i>	This is a video/discussion-based program. Workbooks are provided and include activities for parents and children to complete together at a later time. Offered monthly. Cost: \$40/adult.
The Mediation Center 610 J St., Suite 100 Lincoln, NE 68508 (402)441-5740	Changing Paths with Children	Parents learn how divorce effects children and how the Mediation Center works with families experiencing life changes. Parents learn how to determine what is important to them, how to gather thoughts about what their children need and how to reality test those into agreements and plans. Cost: \$40/adult.
Psychotherapy Associates 1919 S 40th St., Suite 312 Lincoln, NE 68506 (402) 475-5069	Who's Taking Care of the Children?	Offered in one monthly 3-hour workshop. This class addresses the signs & symptoms of stress that children may exhibit during separation or divorce of their parents. The video/discussion format teaches skills to parents that enhance their strengths to promote healthy adjustment. Cost: \$40/adult.
Saint Elizabeth Regional Medical Center (402) 219-7000 <i>NOTE: Classes are held at Lancaster Extension Education Center, 444 Cherrycreek Rd, Lincoln</i>	Parents Forever/Kids Talk About Divorce <i>A cooperative effort of Saint Elizabeth Regional Medical Center and University of Nebraska—Lincoln Extension in Lancaster County</i>	<i>Note: Classes are held at Lancaster Extension Education Center, 444 Cherrycreek Rd., Lincoln.</i> Discussion, video and activities provide parents with information to decrease negative effects of divorce for children. For children ages 6–11 “Kids Talk About Divorce” will be offered at the same time as Parents Forever. Child care provided for children five and under. Offered monthly. Cost: \$40/adult, children free.
Southeast Community College Continuing Education Center 301 S. 68th St. Place Lincoln, NE 68510 (402) 437-2712	Co-Parenting: Working Together for Your Children	This workshop has been developed to fit the needs of parents and children experiencing parental separation/divorce. Offered in one 3-hour workshop. Offered monthly. Call or go to www.southeast.edu for registration form. Cost \$40/adult.
Southwood Psychotherapy Center 5539 S. 27th St., Suite 101 Lincoln, NE 68512 (402) 420-2112	Success Strategies for Divorced Parents	This is a 3-hour class for parents that enhances insight into their children's needs and builds their skills to more effectively parent during/after divorce. Format includes educational lectures, a video presentation, group discussion and opportunity to practice communication skills. Cost: \$40/adult.
VIP Counseling 1101 Araphoe Street, Suite 6 Lincoln, NE 68502 402-476-5202	Family Solutions: Active Parenting for Divorcing/Divorced Parents	This is a 3 hour class for parents that focuses on success strategies for raising your children after separation. Format includes educational lectures, video presentation, group discussion and an opportunity for parents to review, and practice using effective communication skills designed to help children cope with the separation and rebuilding of families. Cost:\$40/adult.

PREREGISTRATION IS REQUIRED FOR ALL CLASSES

For additional class information and registration, contact the sponsoring agency

Some financial assistance may be available

COPED Children Of Parents Experiencing Divorce

COPED classes provide information which meets the guidelines outlined in the Nebraska Legislative parenting statues, including:

- Developmental ages and stages of children affected by divorce
- Smooth transitions between homes
- Improving communication between all family members
- Dispute resolution and conflict management
- Litigation and court process
- Stress reduction for parents and children
- Community resources including child abuse and domestic violence
- Developing a cooperative Parenting Plan

COPED Web site

lancaster.unl.edu/family/divorce.shtml

Online resources include:

- Resources for Divorcing Parents in Lincoln
- Suggested book list and Web sites
- Statewide “Parents Forever/Kids Talk About Divorce” class locations & dates

Classes for Families Experiencing Divorce or Custody Issues



What you can do to help yourself and your children.

Each year, more than 1,500 children under the age of 18 are affected by divorce in Lancaster County. Research indicates that as a result of participation in parenting classes:

- Parents are able to reach agreement on custody arrangements more quickly.
- Children are less likely to experience the negative effects of divorce.

Children of Parents Experiencing Divorce

The Lancaster County Coalition to assist **Children of Parents Experiencing Divorce (COPEd)** and custody issues is comprised of community agencies which provide parenting education and support. You choose the class and date which works best for you.

Nebraska's New Parenting Act (LB554) says "if a parenting class is not completed in advance, the judge shall order participants to participate at that time." It also directs parents to develop a parenting plan either on their own, through mediation or attorneys. For more information about the New Parenting Act, go to <http://supremecourt.ne.gov/public>

All COPEd classes have been approved by the State Court Administrator as outlined in Nebraska LB554 (January 2008). Classes also meet the requirements of the District Court of Lancaster County.

Class Schedule — 2008

S	M	T	W	T	F	S	Date	Time	Class Name	Location
							Jan. 3	5:30-9:30 pm	TransParenting	Family Service
							Jan. 4	6:00-9:00 pm	Children in the Middle	VIP Counseling
							Jan. 8	5:30-8:30 pm	Changing Paths with Children	The Mediation Center
							Jan. 10	5:00-8:00 pm	Who's Taking Care of the Children	Psychotherapy Associates
							Jan. 11	6:00-9:00 pm	Children in the Middle	VIP Counseling
							Jan. 12	9:00am-Noon	Co-Parenting: Working Together For Your Children	SCC Continuing Education Center
							Jan. 12	2:00-5:00 pm	Success Strategies for Divorcing Parents	Southwood Psychotherapy Center
							Jan. 13	6:00-9:00 pm	Success Strategies for Divorcing Parents	Southwood Psychotherapy Center
							Jan. 14	6:00-9:00 pm	Co-Parenting: Working Together For Your Children	SCC Continuing Education Center
							Jan. 17	5:30-9:30 pm	Parents Forever/Kids Talk About Divorce	St. Elizabeth's/UNL Extension
							Jan. 24	6:30-9:30 pm	Children in the Middle	Lutheran Family Services
							Jan. 26	9:00am-Noon	Changing Paths with Children	The Mediation Center
							Jan. 30	7:00-10:00 pm	Changing Paths with Children	The Mediation Center
							Feb. 1	6:00-9:00 pm	Children in the Middle	VIP Counseling
							Feb. 2	9:00am-Noon	Co-Parenting: Working Together For Your Children	SCC Continuing Education Center
							Feb. 4	6:00-9:00 pm	Co-Parenting: Working Together For Your Children	SCC Continuing Education Center
							Feb. 5	5:30-8:30 pm	Changing Paths with Children	The Mediation Center
							Feb. 7	5:30-9:30 pm	TransParenting	Family Service
							Feb. 8	6:00-9:00 pm	Children in the Middle	VIP Counseling
							Feb. 9	2:00-5:00 pm	Success Strategies for Divorcing Parents	Southwood Psychotherapy Center
							Feb. 10	6:00-9:00 pm	Success Strategies for Divorcing Parents	Southwood Psychotherapy Center
							Feb. 14	5:00-8:00 pm	Who's Taking Care of the Children	Psychotherapy Associates
							Feb. 21	5:30-9:30 pm	Parents Forever/Kids Talk About Divorce	St. Elizabeth's/UNL Extension
							Feb. 23	9:00am-Noon	Changing Paths with Children	The Mediation Center
							Feb. 27	7:00-10:00 pm	Changing Paths with Children	The Mediation Center
							Feb. 28	6:30-9:30 pm	Children in the Middle	Lutheran Family Services
							Mar. 1	9:00am-Noon	Co-Parenting: Working Together For Your Children	SCC Continuing Education Center
							Mar. 3	6:00-9:00 pm	Co-Parenting: Working Together For Your Children	SCC Continuing Education Center
							Mar. 4	5:30-8:30 pm	TransParenting	The Mediation Center
							Mar. 6	5:30-9:30 pm	Children in the Middle	Family Service
							Mar. 7	6:00-9:00 pm	Children in the Middle	VIP Counseling
							Mar. 8	2:00-5:00 pm	Success Strategies for Divorcing Parents	Southwood Psychotherapy Center
							Mar. 9	6:00-9:00 pm	Success Strategies for Divorcing Parents	Southwood Psychotherapy Center
							Mar. 13	5:00-8:00 pm	Who's Taking Care of the Children	Psychotherapy Associates
							Mar. 14	6:00-9:00 pm	Children in the Middle	VIP Counseling
							Mar. 20	5:30-9:30 pm	Parents Forever/Kids Talk About Divorce	St. Elizabeth's/UNL Extension
							Mar. 26	6:30-9:30 pm	Children in the Middle	Lutheran Family Services
							Mar. 29	7:00-10:00 pm	Changing Paths with Children	The Mediation Center
							April 3	5:30-9:30 pm	TransParenting	Family Service
							April 4	6:00-9:00 pm	Children in the Middle	VIP Counseling
							April 5	6:00-9:00 pm	Co-Parenting: Working Together For Your Children	SCC Continuing Education Center
							April 7	9:00am-Noon	Co-Parenting: Working Together For Your Children	SCC Continuing Education Center
							April 8	5:30-8:30 pm	Changing Paths with Children	The Mediation Center
							April 10	5:00-8:00 pm	Who's Taking Care of the Children	Psychotherapy Associates
							April 11	6:00-9:00 pm	Children in the Middle	VIP Counseling
							April 17	5:30-9:30 pm	Parents Forever/Kids Talk About Divorce	St. Elizabeth's/UNL Extension
							April 19	2:00-5:00 pm	Success Strategies for Divorcing Parents	Southwood Psychotherapy Center
							April 20	6:00-9:00 pm	Success Strategies for Divorcing Parents	Southwood Psychotherapy Center
							April 24	6:30-9:30 pm	Children in the Middle	Lutheran Family Services
							April 26	9:00am-Noon	Changing Paths with Children	The Mediation Center
							April 30	7:00-10:00 pm	Changing Paths with Children	The Mediation Center
							May 1	5:30-9:30 pm	TransParenting	Family Service
							May 2	6:00-9:00 pm	Children in the Middle	VIP Counseling
							May 3	9:00am-Noon	Co-Parenting: Working Together For Your Children	SCC Continuing Education Center
							May 5	6:00-9:00 pm	Co-Parenting: Working Together For Your Children	SCC Continuing Education Center
							May 6	5:30-8:30 pm	Changing Paths with Children	The Mediation Center
							May 8	5:00-8:00 pm	Who's Taking Care of the Children	Psychotherapy Associates
							May 9	6:00-9:00 pm	Children in the Middle	VIP Counseling
							May 15	5:30-9:30 pm	Parents Forever/Kids Talk About Divorce	St. Elizabeth's/UNL Extension
							May 17	2:00-5:00 pm	Success Strategies for Divorcing Parents	Southwood Psychotherapy Center
							May 17	9:00am-Noon	Changing Paths with Children	The Mediation Center
							May 18	6:00-9:00 pm	Success Strategies for Divorcing Parents	Southwood Psychotherapy Center
							May 22	6:30-9:30 pm	Children in the Middle	Lutheran Family Services
							May 27	7:00-10:00 pm	Changing Paths with Children	The Mediation Center
							June 5	5:30-9:30 pm	TransParenting	Family Service
							June 6	6:00-9:00 pm	Children in the Middle	VIP Counseling
							June 7	9:00am-Noon	Co-Parenting: Working Together For Your Children	SCC Continuing Education Center
							June 9	6:00-9:00 pm	Co-Parenting: Working Together For Your Children	SCC Continuing Education Center
							June 10	5:30-8:30 pm	Changing Paths with Children	The Mediation Center
							June 12	5:00-8:00 pm	Who's Taking Care of the Children	Psychotherapy Associates
							June 13	6:00-9:00 pm	Children in the Middle	VIP Counseling
							June 21	2:00-5:00 pm	Success Strategies for Divorcing Parents	Southwood Psychotherapy Center
							June 21	9:00am-Noon	Success Strategies for Divorcing Parents	Southwood Psychotherapy Center
							June 22	6:00-9:00 pm	Changing Paths with Children	The Mediation Center
							June 25	7:00-10:00 pm	Changing Paths with Children	The Mediation Center
							June 26	5:30-9:30 pm	Parents Forever/Kids Talk About Divorce	St. Elizabeth's/UNL Extension
							June 26	6:30-9:30 pm	Children in the Middle	Lutheran Family Services

JANUARY

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FEBRUARY

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