

COPED Agencies and their Classes

| Agency | Class Name | Class Description |
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| Family Service 501 S. 7th St. Lincoln, NE 68508 (402) 441-7949 | TransParenting | This 4-hour session includes a program workbook and utilizes video scenarios, role plays, interactive activities and informational lecture. Offered monthly. Cost: \$40/adult. |
| Lincoln Medical Education Partnership 4600 Valley Rd., Lincoln NE 68510 (402) 488-6511 | Co-Parenting: Working Together for your Children | Offered the third Wednesday of each month. Cost \$40/adult. |
| Lutheran Family Services 2900 O St., Suite 200 Lincoln, NE 68510 (402) 435-2910 | Children in the Middle and TransParenting (Spanish) | 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. |
| UNL Extension in Lancaster County 444 Cherrycreek Road Lincoln, NE 68528 (classes held here) and Saint Elizabeth Regional Medical Center (402) 219-7000 (contact for info & registration) | 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> | 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. 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. |

PREREGISTRATION IS REQUIRED FOR ALL CLASSES
For additional class information and registration, contact the sponsoring agency

Some financial assistance may be available

Children Of Parents Experiencing Divorce

COPED classes provide information which meets the guidelines outlined in the Nebraska Legislative parenting statutes, 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.

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