

## 7 Messages Parents Need to Know

1. You will not feel this way forever.
2. Single parents can raise great children!
3. Ask for help.
4. Take good care of yourself.
5. There are no perfect parents.
6. Build a support network.
7. Your child loves you!



### *Questions? Concerns?*

For more information and answers to your questions, call Project Oz at 309-827-0377 or write to us on email at [parentsforever@projectoz.org](mailto:parentsforever@projectoz.org)



## PARENTS FOREVER

Education for Families in Separation or Divorce Transition

A service of

Project Z

309-827-0377



PARENTS FOREVER is a research-based education program designed to help parents learn how to make informed, child-supportive decisions during separation and divorce, resulting in healthy children and positive parent-child relationships.

UNIVERSITY OF MINNESOTA  
**Extension**  
SERVICE

**PARENTS FOREVER** meets the  
4-hour parenting education  
requirement of Illinois Rule 924.

## What is **PARENTS FOREVER**?

It is a course that will help you understand the impact your separation or divorce is having on your children. It will help you remain a good parent to your children, even when you're overwhelmed by the stresses of separation. A few of the topics are:

- Handling stress and anger
- Honest and appropriate communication
- Things that confuse and alienate your child
- How to support your child

## Class Dates and Hours

To obtain current program schedules, visit us at [www.projectoz.org](http://www.projectoz.org) or call us at 309-827-0377.

All classes are designed to be completed in a single 4-hour block.

Private sessions are available.

## Program Location

Classes are held at Project Oz, located at 1105 West Front Street in Bloomington. For driving directions, call us at 309-827-0377.

## What Parents are Saying About **PARENTS FOREVER**

"I thought this class would be dry. I was very pleasantly surprised at how interesting and informative it was."

"This class was a wonderful, informative, enlightening experience."

"I learned how to deal with anger within myself. How to help my children better understand and deal with the divorce."

"The instructors were very knowledgeable and kind."

"I really enjoyed it and I'm taking lots of helpful ideas home."

## Registration Information

A registration fee of \$125 covers the fee for the class and includes a **PARENTS FOREVER** handbook and light snacks.

Payment is due in full prior to the start of class.

Acceptable forms of payment are check, cash, money order, and online credit/debit card.

Partial scholarships are available for qualifying families. Please inquire at registration.

A certificate of completion will be given to each participant at the end of class.

To register for a class online, go to [www.projectoz.org](http://www.projectoz.org), or call us directly at 309-827-0377.

## 7 Messages Children Need to Hear from Their Parents:

1. I love you and I will not leave you.
2. You did not cause this and you cannot change the situation. It's not your job.
3. It is okay to love your (father) (mother).
4. You can talk to me; I will listen.
5. It's OK to be sad, scared, happy, frustrated, or upset.
6. You do not need to take care of me. I will take care of myself and get help when I need it.
7. I love you and I will not leave you.

