



312 W. Broad St., Suite 6
Livingston TN 38570
931-823-2735/ fax 931-823-6286
extension.tennessee.edu/overton

Dear Honorable Judges, Lawyers, Circuit Court Clerk and Chancery Clerk and Master;

Thank you for referring to us your clients with children seeking divorce. I use University of Tennessee's researched curriculum Parenting Apart: Effective Co-Parenting. In the past we have avoided having both parents in the same class, but if both parents can **get along** and **work together**, I will allow them to learn the identical material together.

In the four hours allotted for this educational program, I ask parents to focus on their children during the divorce and the days following. This curriculum covers: divorce alternatives; mediation; domestic violence; legal and judicial process; developing a parenting plan; grief and loss in divorce; coping with the stress of divorce; the impact of divorce on their children based on their ages and stages of development; talking with their children, talking to the child's other parent; effective communication skills; establishing a co-parenting relationship; shared parenting responsibilities; parenting at a distance; maintain family ties; know your love language; new family relationships; restructuring after divorce; combining families and concerns of children in stepfamilies.

Additionally, to help the healing process, I ask parents to write goals for themselves and ask them to assist their children (dependent on age) in developing their own short, mid and long-term goals. Additionally, I ask that they assist the children in sharing their goal with both parents, so all can work towards the same goals.

Attached are dates and times for 2020 Co-Parenting at UT Extension in Overton County.

Sincerely,

Christina C Swallows

County Director/ Family and Consumer Science Agent
Ccarr1@utk.edu

UT Extension in Overton County Co-Parenting Schedule 2020

At: Joe L Evins Community Center
312 W. Broad St. Suite 6, Livingston TN 38570
931-823-2735

extension.tennessee.edu/overton

Contact: Amy Beaty, abeaty9@utk.edu or Christina Swallows
ccarr1@utk.edu

Date	Time
Friday, January 31, 2020	8:00-Noon
Friday, February 28, 2020	8:00-Noon
Friday, March 27, 2020	8:00-Noon
Monday, April 27, 2020	8:00-Noon
Monday, May 18, 2020	8:00-Noon
Friday, June 19, 2020	8:00-Noon
Friday, July 24, 2020	8:00-Noon
Friday, August 28, 2020	8:00-Noon
Monday, September 21, 2020	8:00-Noon
Monday, October 26, 2020	8:00-Noon
Monday, November 23, 2020	8:00-Noon
Friday, December 18, 2020	8:00-Noon

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.