

WE COPE

FOR ANYONE WHO WANTS TO IMPROVE THEIR WELLNESS

This interactive program helps adults cope with stress & difficult times. WeCOPE has been shown to reduce stress and depression, increase positive affect, and improve healthy behaviors. Managing life's challenges in healthy ways allows participants to take better care of themselves and others. This 6 week program meets via Zoom once a week for 1 hour. Participants gain the most from the program when they are able to practice skills between sessions.

Dates: Series of 6

Thursday's January 19– February 23

Time: 11:30 am -12:30 pm **OR**
6:00pm-7:00 pm

Location: Online via Zoom

Cost: FREE

Registration: [HTTPS://FORMS.GLE/
CKWWARXD9HLT6SST8](https://forms.gle/CKWWARXD9HLT6SST8)



UW-Madison Division of Extension

Contact me with
questions or for
more information:

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*The Wisconsin Child
Abuse and Neglect
Prevention Board
provided funding to
support Triple P through
UW-Extension*



Extension
UNIVERSITY OF WISCONSIN-MADISON



UW-Madison, Division of Extension

Building Strong Families

Tri-County Educational opportunities

2022-2023

Barron, Burnett, & Washburn Counties

Your source of well-researched, quality information
supporting individuals, families and relationships.

*We teach, learn, lead and serve, connecting people with the University of
Wisconsin, and engaging with them in transforming lives and communities.*

POSITIVE PARENTING PROGRAM

FOR PARENTS WITH CHILDREN 0-12

SEMINARS AND DISCUSSION GROUP

The three Ps in ‘Triple P’ stand for ‘Positive Parenting Program’ which means your family life is going to be much more enjoyable.

Triple P helps you:

- Raise happy, confident kids
- Manage misbehavior so everyone in the family enjoys life more,
- Set rules and routines that everyone respects and follows, encourage behavior you like,
- Take care of yourself as a parent, and feel confident you’re doing the right thing

2023 Dates: Sign up for one or all four

Tuesday’s January 10th-31st

Time: 9:00am-10:30 am **OR**
6:00 pm-7:30 pm

Location: Online via Zoom

Cost: FREE

Registration:

[HTTP://BIT.LY/TRIPLEPo-12](http://bit.ly/triplepo-12)



PARENTS FOREVER

FOR PARENTS IN THE PROCESS OF
DIVORCE, ALREADY DIVORCED, NEVER
MARRIED BUT SEPARATING, OR WITH
CUSTODY PROBLEMS

This class will help parents:

- Describe the family transition journey and how each family member will be affected.
- Recognize the role of self-care, parent-child relationships, and co-parenting in child well-being.
- Identify internal and external resources to promote resilience for all involved.

2022 Dates:
November 14, 2022

2023 Dates:
January 23, 2022
March 20, 2022
May 22, 2022

Time: 6:00pm-9:00 pm

Location: Online via Zoom

Cost: \$20.00

Registration:

[https://forms.gle/
ExuqGb9XqNBce6bw5](https://forms.gle/ExuqGb9XqNBce6bw5)



RAISING A THINKING CHILD

FOR PARENTS WITH CHILDREN 4-7

This evidence-based workshop series will help you guide children to solve common, everyday problems with decision making and communication skills using their thinking brain.

Participants will learn:

- To give children skills to effectively solve their own problems
- Teach children to consider consequences
- How to help kids care about and understand their feelings and those of others

2023 Dates : Six week series
Tuesday’s Feb 21-March 28

Time: 9:00am-10:15 am **OR**
6:00 pm-7:15 pm

Location: Online via Zoom

Cost: FREE

Registration:

[HTTPS://BIT.LY/TRICTYRTC](https://bit.ly/trictyrtc)



POSITIVE PARENTING PROGRAM

FOR PARENTS WITH TEENS

SEMINARS AND DISCUSSION GROUPS

The three Ps in ‘Triple P’ stand for ‘Positive Parenting Program’ which means your family life is going to be much more enjoyable.

Triple P helps you:

- Raise responsible teenagers by developing self discipline and establishing routines
- Raise confident socially skilled teenagers
- Develop respectful and considerate teens who have healthy lifestyles

2022 Dates: Sign up for one or all four
Thursday’s December 8-29

Time: 9:00am-10:30 am **OR**
6:00 pm-7:30 pm

2023 Dates: Sign up for one or all four
Tuesday’s April 18– May 16

Time: 9:00am-10:30 am **OR**
6:00 pm-7:30 pm

Location: Online via Zoom

Cost: FREE

Registration:

[HTTP://BIT.LY/
TRIPLEPTEEN](http://bit.ly/triplepteen)

