



Register online at Children1st.net

Children Cope with Divorce

- Only court approved course for divorcing & unmarried parents in IA District 3.
- Meets IA code 598.15
- Required by South Dakota Supreme Court Rule 22-09.
- Attendance is mandatory for both parents in all cases involving child custody or child visitation, including modification of custody & physical care.
- Parents may attend together or separately.

Overview

This zoom course is designed to educate divorcing parents on how to minimize the negative impact of their separation on their children, particularly when adults are dealing with their own challenges related to the divorce. This 3-4 hr. session teaches strategies to support children's emotional well-being during this transition period. The course assists parents in redefining their relationship & developing suitable plans for their children.

Child-centered approach

The primary goal of this course is to equip parents with the knowledge & skills to prioritize their children's needs during the divorce process.

Educational content

This course covers topics like open communication with children, managing emotional responses, maintaining consistent routines, & navigating co-parenting dynamics.

Participant expectations

- Participants must register & pay online.
- Participants must be logged in & present on camera before the class begins.
- Participants must return to class on time after scheduled breaks.
- Participants must be actively engaged in class.
- Participants must have child care arranged & be in a quiet location so that they can give their full attention to the material presented.
- Classes of five or less students are subject to rescheduling.
- Participants will be notified 24 hours in advance of any cancellations.

*This program is copyrighted as CHILDREN COPE WITH DIVORCE FAMILIES FIRST.

2026 Class Schedule

Classes are in English only, but participants may have an adult interpreter join them free of charge

<i>January 2026</i>	<i>Time</i>	<i>February 2026</i>
Jan. 7th	6-9pm	Feb. 4th
Jan. 14th	6-9pm	Feb. 13th
Jan. 24th	9am-12p	Feb. 14th
Jan. 23rd	6-9pm	Feb. 18th

<i>March 2026</i>	<i>Time</i>	<i>April 2026</i>
Mar. 4th	6-9pm	Apr. 8th
Mar. 18th	6-9pm	Apr. 17th
Mar. 28th	9am-12p	Apr. 18th
Mar. 27th	6-9pm	Apr. 22nd

<i>May 2026</i>	<i>Time</i>	<i>June 2026</i>
May 6th	6-9pm	June 10th
May 22nd	6-9pm	June 19th
May 23rd	9am-12p	June 20th
May 27th	6-9pm	June 24th

<i>July 2026</i>	<i>Time</i>	<i>Aug. 2026</i>
July 8th	6-9pm	Aug. 5th
July 24th	6-9pm	Aug. 21st
July 25th	9am-12p	Aug. 22nd

<i>Sept. 2026</i>	<i>Time</i>	<i>Oct. 2026</i>
Sept. 9th	6-9pm	Oct. 14th
Sept. 18th	6-9pm	Oct. 23rd
Sept. 19th	9am-12p	Oct. 24th
Sept. 30th	6-9pm	Oct. 28th

<i>Nov. 2026</i>	<i>Time</i>	<i>Dec. 2026</i>
Nov. 11th	6-9pm	Dec. 2nd
Nov. 20th	6-9pm	Dec. 11th
Nov. 21st	9am-12p	Dec. 12th
	6-9pm	Dec. 16th

Contact Us

Address: 5131 Overlook Ln. Sioux City, IA 51106
Phone: 712-406-0233
Email: Children1st.ia@gmail.com
Website: <https://www.children1st.net>

