

WHAT IS FAMILY 2.0?

Family 2.0 is a peer support group led by trained facilitators. The program seeks to help children identify feelings related to divorce. Coping skills are introduced as ways to work through those feelings. Family 2.0 builds on resilience and problem solving skills.



“Don’t be afraid to share how you feel or talk to someone if you are sad.”

- Family 2.0 participant

WHY SHOULD YOUR CHILD ATTEND?

When parents divorce, children experience a variety of emotions ranging from confusion, guilt, and abandonment to loneliness and uncertainty. At any age a child may not understand why parents separate and divorce. A child or adolescent may also feel responsible, and be unsure of the future. Family 2.0 is a program to help children understand and cope with these feelings in a safe and supportive environment with other children who are experiencing divorce.

Family 2.0

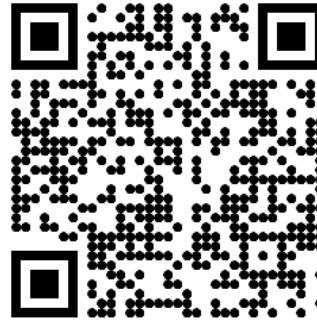
811 Monitor Street
La Crosse, WI 54603

(608) 785-0001

Fax: (608) 785-0002

Visit us online at fcconline.org

Learn more about Family 2.0:



What are Family 2.0’s goals?

Family 2.0 supports positive child development by:

- Increasing resilience and coping skills
- Providing supportive environment
- Assisting in the exploration of feelings associated with divorce and separation
- Teaching coping skills to use during difficult times

2025 Class dates are listed below:

- October 4
- December 6

2026 Class dates are listed below:

- February 7
- August 1
- April 4
- October 10
- June 6
- December 5

All Classes are from 8:30 to 10:45 a.m.
at FCC’s Wisconsin Headquarters
811 Monitor Street
La Crosse, WI 54603



Family 2.0



Registration Form

Child 1: _____ Age: ____

Birthdate: _____ Gender: ____

Child 2: _____ Age: ____

Birthdate: _____ Gender: ____

Child 3: _____ Age: ____

Birthdate: _____ Gender: ____

Mother's Name: _____

Address: _____

Email: _____

Phone:(____)_____

Father's Name: _____

Address: _____

Email: _____

Phone:(____)_____

Parent child(ren) currently resides with:

Case Number: _____

Order Date: _____

Does your child(ren) know what this class is for and why they are attending?

Yes No (please circle one)

Comments: _____

Please note if there are any special needs, allergies, or accommodations for your child(ren), as well as any protection or restraining orders in place.

Please Remit Payments to:

Family & Children's Center

Attn: Family 2.0

811 Monitor Street La Crosse, WI 54603

Amount Enclosed: \$ _____

Preferred Class Date: _____

WHAT IS THE FEE FOR FAMILY 2.0?

HOW DO WE REGISTER?

The fee for participating in Family 2.0 is:

- \$75 for one child
- \$140 for two children
- \$200 for three or more children

Fee waivers are unavailable. To register, complete the form on back and send it with the required fee payable to Family & Children's Center, or drop exact payment and registration form off at Family & Children's Center's offices on Monitor Street in La Crosse.

No registration will be accepted without the fee!

Group size is limited. Early registration is strongly recommended. After successful registration, a confirmation letter will be sent to parents with contact information listed, and time your child are registered to attend.

Please contact the Family 2.0 coordinator at (608) 785-0001.



"Seek out people willing to talk, because there are people out there willing to help you!"

- Family 2.0 participant

ADDITIONAL INFORMATION

The Family & Children's Center offers Family 2.0 for each age group six times per year. Each group meets on a Saturday morning for 2.5 hours. All children, ages 6-17, whose parents have divorce proceedings in La Crosse County are required to participate. Voluntary referrals are also welcome.

Family 2.0 is held at:

Family & Children's Center

811 Monitor Street, La Crosse, WI

HOW IS FAMILY 2.0 STRUCTURED?

Children participate in small, interactive groups with peers their own age. To make the Family 2.0 experience comfortable and enriching, trained facilitators lead mindfulness exercises, yoga movements, group discussions, and workbook activities. In addition, some groups create a poster featuring their original artwork, including expressing emotions, family changes, and ideas of ways to reduce frustration and stress. All materials created by youth are confidential and cannot be used in the divorce process. Parents are not permitted to take pictures of any material the children make.

ASSURANCE TO PARENTS

It is not the intent of the program or the group facilitators to place blame on any one parent. Group facilitators are encouraged to not lecture or give advice. Rather, they provide a healthy atmosphere that encourages children to develop their own attitudes and solutions.