



RESEARCH & EVIDENCE BASED Online Co-parenting and Divorce Course

Two Families Now is an evidence-based, fully online parenting education course designed to support families navigating separation or divorce. The course is structured to align with common court expectations for parenting education while providing accessible guidance to help reduce conflict and support child well-being.

This document provides an overview of Two Families Now, an online co-parenting education course, for confirmation or consideration in meeting court-ordered requirements. This document provides information about Two Families Now and is intended to assist the court in reviewing the nature and content of the course and in considering whether participation in Two Families Now may be accepted as meeting the parent education requirement.

Program Details

- **Fully online**, self-paced, non-facilitated
- Approximately **4–6 hours** to complete
- **Available anytime** on desktop, tablet, or mobile with internet access.
- Video-based lessons, guided reflection, and extra resources

Instructional Focus

- **Reducing conflict** between co-parents
- Supporting children's **emotional well-being**
- **Improving communication** and decision-making
- **Managing stress** and emotional responses
- Promoting **child-focused parenting** during separation

Research Informed Approach

Two Families Now was developed as part of a National Institutes of Health (NIH)-funded project* focused on improving outcomes for families navigating separation and divorce.

- Built on established behavioral science and **evidence-based** parenting strategies
- **Informed by research** in family systems, communication, and conflict reduction
- Designed to translate research into **clear, actionable guidance** for parents



Completion Rate



Course Completions



Gained New
Ideas for Working
With a Co-Parent



Favorable Ratings
Across Every
Satisfaction Measure



For more information email us at: tfn@trifoia.com
www.twofamiliesnow.com

Completion & Verification

- Participants must complete all modules
- A Certificate of Completion is issued upon completion
- Includes participant name and completion date
- Participants submit proof of completion to the court