



Child First Family Services
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Life Transitions for Children of Separation/Divorce

This program is for children (ages 12-18) that struggle with transitions in their lives related to parent separation/divorce. Children have ongoing transitions whether their parents are recently separated or have not been together for a longer period of time. The program is an 8 week group for one hour and fifteen minutes for each session. Children will be grouped by age. It should be noted that discussions during group are confidential and will not be used for custody hearings.

Cost:

\$35.00 per session

Curriculum:

Session 1: Group introductions and begin to explain The Grief Journey. Each child will be able to express where they are in this journey to include shock, denial, anger, depression, bargaining, and acceptance.

Session 2: This session will focus on discussion of why we think our parents divorced and what topics children should not be part of related to divorce/separation. Discussion will also relate to what negative impacts would have continued if their parents did not divorce/separate. This provides a positive spin to the first transition within the separation.

Session 3: Every child has significant changes that they have no control of such as having to move, change schools, change friends, terminate activities that they once participated in, changes in financial opportunities, and changes in roles of parents. Discussion will center on possible changes in one's life.

Session 4: How do I sort out my feelings and take care of my own needs. Strategies will be discussed such as how to communicate your feelings more concisely with your parents, spend time with friends, and consider participating in more social activities.

Session 5: Losses are a part of every person's life. Discussion will center on the child's personal losses, feelings that are attached to those losses, and how to move forward to fill that void.

Session 6: Discussion on the four kinds of anger to include anger avoidance, anger aggression, resentments, and passive-aggressive anger. We will also discuss strategies to express anger in a healthy, positive manner.

Session 7: Self-esteem is a very crucial part of a child's development. Discussion will be on how to expand the child's self-esteem to more than just a few attributes. The more multi-leveled their self-esteem, the less impact one situation will have on their overall functioning.

Session 8: Step-Parents and blended families

Dates: Saturdays, 10-11:15 AM or 11:30-12:45