

REGISTRATION

PLEASE TEAR OFF AND
MAIL/FAX THIS FORM.

Child's Name

Age _____ School

Address

Home Phone

Cell Phone

Work Phone

Parent's Name

Has the child received counseling?

Y N

If yes, who? _____

Have you attended Transparenting?

Y N

ROLLERCOASTERS & JUST US TEENS

Helping Children Cope With Divorce



Family Counseling Center

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EFFECTS OF DIVORCE ON CHILDREN

Why Children Are Impacted By Divorce

- Fear of Change
- Fear of Being Abandoned
- Losing Attachment to Parent(s)
- Coping with Parental Tension

When children are faced with a loss, it's normal for the child to go through the different stages of grief and loss.

- Denial – If I don't believe it, then it's not happening
- Anger – Children are angry at: having to experience pain; parent's not finding another solution; the changes that may occur ; and themselves by thinking they caused the divorce.

Children express anger through their behavior: arguing or fighting with siblings and friends and exhibiting self-destructive behaviors.

- Bargaining – Children may offer to be better children, such as keeping their rooms cleaner, doing homework, etc.
- Depression – Children may display: withdrawal from family/friends; changes in

eating patterns; changes in sleep patterns; loss of interest in favorite activities; drop in grades or difficulty concentrating; cries easily; doesn't care about appearance; and irritable.

- Acceptance – When a child reaches acceptance; there's a renewed focus on the present and the future. The child is not dwelling on the divorce or blaming the parents. The child views their problems as separate from the divorce rather than the cause of the divorce.

Your child may revisit these stages during different developmental stages in life.

Each child is unique. While looking at these signs, it's important to remember to put it in perspective to what is out of the ordinary for your child.

Signs Children are not Handling the Divorce appropriately

- Trying to bring parents back together.
- Aggression and Defiance
- Depression and Withdrawal

How to help your child through this difficult time

To better help your child deal with difficult emotions, you can show them safe expression of anger or depression.

You can use drawing, reading age appropriate books on the topic, writing in a diary, sharing good and sad memories, using clay, physical activity and puppets.

Rollercoasters and Just Us Teens, a program for children and teens affected by divorce, helps 5-11 year olds and 12-16 year olds start their recovery from the stress caused by parental divorce and see a brighter future.

The class is conducted by a licensed, practicing therapist in the state of Alabama.

Rollercoasters is offered for 4 consecutive weeks beginning the first week of the month. The cost is \$40 for the entire 4 session course. Each child must be pre-registered to join the group.

Just Us Teens is offered for 6 consecutive weeks. The cost is \$60 for the 6 session course. Each child must be preregistered to join the group. Scholarships are offered for both groups.