



CHANGING FAMILIES

A PLACE FOR KIDS TO WORK THROUGH DIVORCE

6 WEEK SUPPORT GROUP FOR AGE 7-12

MONDAYS 4 - 5:15

Divorce creates family change and many feelings associated with adjusting to these changes. Kids are often confused, hurt and experience a sense of loss they are not sure how to work through. Kids at times feel a sense of responsibility for the family changes and feel frustrated they cannot fix this. There is a common desire to want the family to return "back to normal." Kids tend to struggle to cope in healthy ways when feeling the pain and uncertainty that can come with a changing family. Adapting to different homes, schedules and expectations can be uncomfortable and undesirable.

Objective: *To provide kids a safe place to explore what divorce means to them with peers who are experiencing similar changes. Kids will participate in discussions and activities to help them express their feelings and thoughts around what they are going through.*

Group facilitated by *Dr. Kimberly Bailey, DBH, LMFT*
Please email info@arrowheadfamilysystems.com to register.