

Arrowhead Family Systems



“Changing Families”

A Kids Place to understanding Separation and Divorce

6 Week Support Group for age 11 and under

Separation and divorce creates family change and many feelings associated with not understanding these changes. Children are often confused, hurt and experience a sense of loss they can not explain. Children at times feel a sense of responsibility for the family changes and feel frustrated they can not fix this. There is a common desire to want the family to return “back to normal” and kids will act in different ways in an attempt to achieve this. Children feel very little control in the process of their family changing. Adapting to different homes, schedules and expectations can be very confusing and undesirable. Most of us are generally uncomfortable with change and can perceive it as scary.

Objective: For young kids to have a safe place to explore with peers that are experiencing similar changes, what separation or divorce means to them. Group will be facilitated by a therapist that specializes in working with families and will involve art and play activities to help kids express their feelings and thoughts around what they are going through. Activities will also help kids accept what is happening and learn to communicate what they need in the process.

Group facilitated by Dr. Kimberly Bailey, DBH, LMFT

Please email kbaileymft@cox.net for any questions or registration/fees



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