

How does separation and divorce affect children?

This experience leaves children feeling confused, scared, responsible, angry, grieving and struggling with loyalty to each parent.



The children's counselor focuses on positive relationships by providing an opportunity to express their concerns in a supportive environment. At the same time, children will connect with peers who have similar situations and emotions in their family.



## How does Caught in the Middle help?

Your child will learn:

- \* Valuable skills to avoid being caught in loyalty issues between parents
- \* How to communicate feelings & needs in a more appropriate way
- \* Problem solving around expressing anger

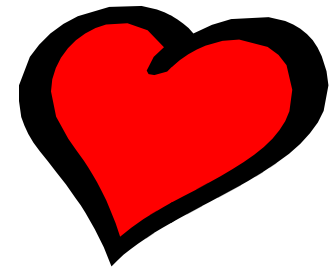
You will learn:

- \* How to avoid putting your child in the middle
- \* How to separate parenting issues from those concerning your ex-partner
- \* How to reassure your children & understand their experiences by learning to communicate in a more open, constructive manner



## Parents Group:

This is a mandatory requirement of the program that encourages the parents to understand children's experience and to avoid putting them in the middle. By opening lines of communication parents can separate their past spousal relationships from that of their ongoing parental relationship.



## Group Format:

The childrens and parents groups run at the same time and take place over six weeks. Each 1.5 hour session will cover such topics as: self esteem, feelings, anger and more. Parents will commit to meet separately in groups prior to the child attending the program.

## Program goals:

1. To empower children by:
  - \* Connecting with others in a similar situation
  - \* Providing a safe, non-judgmental environment
  - \* Letting children know it's not their fault and they don't have to choose one parent over the other
2. To develop skills such as:
  - \* Communication
  - \* Understanding feelings
  - \* Assertiveness
  - \* Problem solving
3. To encourage communication:
  - \* Between parents & child
  - \* To better express fears & concerns

Caught in the Middle provides support, education and advocacy for children ages 5 - 16.



Ann Davis Services  
9046 Young Road  
Chilliwack, BC

Cost is \$30. per parent attending

We welcome your inquiries.

For more information please call:

604-792-2760  
Fax: 604-792-2875

[www.anndavis.org](http://www.anndavis.org)

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# Caught in the Middle

For children  
of  
divorce & separation

Sponsored by:

Ann Davis  
Transition Society

