

## **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

Children In Between provides support, education and advocacy for children ages 5-16.

## **HOW YOU CAN SUPPORT ANN DAVIS SERVICES:**

### **Donate:**

All monetary donations to the Ann Davis Transition Society are fully tax deductible.

### **Volunteer:**

All material, household, and clothing donations can be dropped off at our Thrift Store located at 46230 Yale Rd. Phone 604-402-0014.

- Thrift Store
- Administrative support
- Fundraising & Events
- Child Care

Please note that counselling is not done by volunteers at Ann Davis.

*ADTS reserves the right to refuse or withdraw services at our discretion.*

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# **CHILDREN IN BETWEEN**



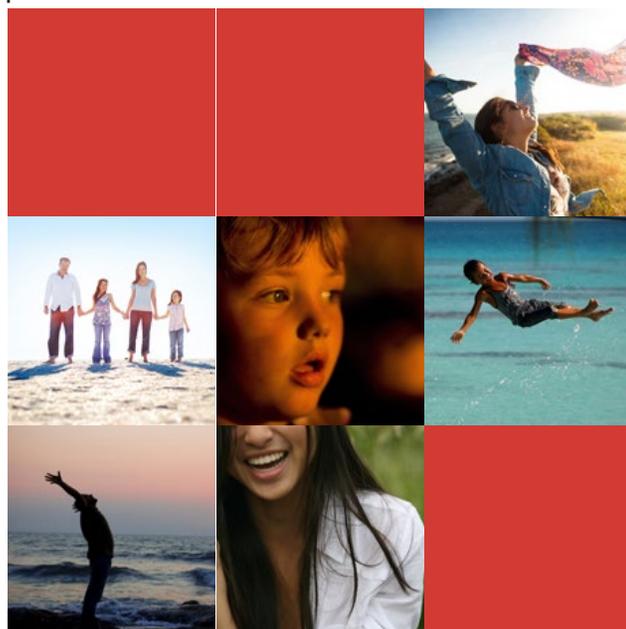
**ann davis transition society**

## Proven Results

- 57% reduction in litigation (eg. child access, change of custody, and/or child support disputes)
- 30% to 50% reduction in parental conflict, particularly loyalty conflicts
- 22% reduction in child-reported stress

## How does Separation and Divorce Affect Children?

Research shows that 2/3 of children who experience their parents separation or divorce have adjustment difficulties and may feel unhappy, angry, dissatisfied with life, depressed, and deeply lonely. But most of the damage is caused not by the divorce itself, but by the on-going conflict between the parents. There is hope, however, as many of the children's difficulties can be avoided or minimized by knowledgeable and sensitive parents.



## How does Children In Between help?

CIB is designed to: sensitize parents to the many ways in which their children can be caught in the middle of their parent's emotional strife before, during, and after a family break up.

**Content focus:** Think about the children. Throughout the separation and divorce process the children are the most vulnerable and are less able to fend for themselves.

### **Purpose of this course:**

- 1) To teach parents how to support and assist their children as they adapt to changing family relationships, and support children to articulate their needs.
- 2) To teach the child(ren) skills to tell the parents that they are being put in-between, as well as to identify areas where this commonly occurs.

### **About the "Children In Between" author:**

Donald Archer Gordon, Ph.D. is internationally recognized as one of the top experts in the field of parent/child relationships. For more than three decades his research and work has focused on developing and refining evidence-based family and parenting interventions.



## Parent(s) Will Learn:

1. How to avoid putting the child in the middle
2. How to separate parenting issues from those concerning the ex-partner
3. How to reassure children & understand their experiences by learning to communicate in an open, constructive manner

## Children Will Learn:

- Divorce is not their fault
- Misconceptions and truths about divorce
- Effective communication skills
- Coping skills
- Life after divorce

## Parents Group:

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

