

## **I**t's Okay

is an eight (8) week group for families experiencing separation and divorce. All families have to be separated for a least six months. Two groups run at the same time: one group for children and one group for parents. ***Only one parent can attend at a time.*** Please let us know which parent will attend.

## **C**hildren's Group

This group helps children talk about separation and divorce so they know they are not alone. It helps them understand that the separation or divorce is not their fault and to feel better about themselves. Siblings who are in the same age group: 7 – 9 years or 9 – 12 years may attend together if parent and group leader are in agreement.

### ***Some of the topics are:***

- feelings children go through after separation and divorce
- impact of changes and new relationships
- coping with feelings and change
- self-esteem
- moving on

This is a fun-focused group that uses art, movies, play and relaxation to talk about separation and divorce. This is an after school program.

## **P**arent Group

Separation and divorce impacts everyone in the family. By coming to this group, parents will be better able to help their child(ren). In the group they will meet other parents who have had the same thing happen with their families.

### ***Some of the topics:***

- ✓ the impact of separation and divorce on children and parents
- ✓ parenting after divorce
- ✓ how to help your child(ren) cope with changes in your family.
- ✓ parent self-care and coping
- ✓ how to talk with your child(ren) about their group material



*If you are interested, please call:*



**Central Intake**  
**Tel: 777-2200**

### **Janeway Family Centre**

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**Eastern  
Health**

**August 2009**  
**January 2015.Rev**

## **It's Okay Group**



*The*  
**JANEWAY  
FAMILY  
CENTRE**