

If you miss the start of a group, don't worry: new groups will start regularly.

Groups of four to six children will meet for an hour each week for 10 weeks. Separate groups will be held for children aged 4 -6, 7-9 and 10-12. New groups start regularly. If your child completes the group but decides they want to return, they're welcome to do so.

ME

in the middle

Family Service & Guidance Center is a non-profit community mental health center serving over-10,000 children and families each year. Visit our website or call us to learn more about the wide variety of programs and services we offer to help your child succeed at home, in school and in the community.



FAMILY SERVICE & GUIDANCE CENTER
Improving children's lives since 1904

"...because every child deserves a happy childhood."

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Divorce Confusion Separation Isolation
Sad Depression Anxiety Blame Why Lost
Failure Anger Guilt Awkward Lonely Despair
Embarrassed Angry Depressed Mad Loss
Anxiety Blame Angry Divorce Confusion
Separation Isolation Sad Depression Anxiety
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**A support group to help
children ages 4 to 12
who are experiencing their
parent's divorce or separation**



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Divorce is traumatic for the entire family.

Children can react to it with anger, sadness, guilt and confusion. These can sometimes lead to depression, problems at school, isolating oneself from friends, acting out and even physical aggression.

Children are more likely to talk to other children about what they're going through than they are to talk with a parent or teacher.

Peers play a very important part in children's lives, and they can play a crucial role when it comes to helping a child realize that they're not alone in what they're going through.

Family Service & Guidance Center is pleased to offer a support group for children aged 4 to 12 who are experiencing their parents' divorce or are experiencing difficulty moving beyond their parents' recent divorce.

"Me, in the Middle," will allow and encourage children to talk about what they're experiencing as well as learn from other children in the group while developing stronger interpersonal skills. Group members will support one another and realize that their situation and fears are shared.

The program will incorporate play and art activities, giving children safe, familiar ways to express themselves. The group also includes educational materials to help children better understand divorce. Finally, the group will help participating children express an understanding of their parents' divorce; learn to express their feelings in appropriate ways; and learn and polish new coping skills.

ME in the middle

Even the best parents need help sometimes, especially during a divorce or separation.

Family Service & Guidance Center can be an especially valuable resource to help you and your child navigate this difficult time in their young life and help them come through it healthy.

New groups are starting soon!

For more information or to get your child involved, contact Amanda Petrik, 785.232.5005

