



Refuge Kids Helping Kids Divorce Care Group Syllabus

Location and Class Times:

Tuesdays: 5pm-6pm and 6pm-7pm

Thursdays: 6pm-7pm

Contact: 618-251-9790 x203

Description:

Based on extensive evidence indicating that parental separation is a difficult and painful experience for children; the Refuge Kids Helping Kids Divorce Care Group is a 12 week course developed to help kids cope more effectively during this stressful life event while realizing that they are not alone.

Goals:

1. Foster a supportive group environment.
2. Facilitate the identification, acceptance, and appropriate expression of divorce-related feelings.
3. Promote understanding of divorce-related concepts and encourage exploration and clarification of divorce-related misconceptions.
4. Teach relevant competencies such as communication and problem-solving skills.
5. Enhance children's perceptions of themselves and their families.

Topics:

- Establishing the group and learning about feelings.
- Understanding family changes.
- Developing coping skills.
- Enhancing self-esteem and maintaining support.

Program Schedule:

- Intake: To be scheduled by caregiver prior to child entering the class.
- 12 week sessions.
- Closing-children will be given a certificate of achievement.