



Children and Divorce:

A group to help kids adjust to their parent's separation or divorce

For children, divorce can be stressful, sad, and confusing. Children in this group will learn to cope with the feelings and uncertainties raised as a result of their parent's separation or divorce. This will provide kids with stability during a transitional time, allow time to confront and share their feelings and thoughts, and give them an opportunity to learn coping strategies with other kids.

Our curriculum will address the following skills:

- Healthy emotional expression
- Relaxation techniques
- Learn coping skills
- Problem solving/planning
- Increasing resilience and tolerance
- Establishing and maintaining peer relationships
- Increasing support system

This group is open to **children of all ages** and will be starting **February 13th at 5:30pm**. The group consists of **8 sessions**. Each session costs \$100. A parent consultation and conference will also be required for an additional \$150 each.

Our groups are conducted by **licensed psychologists** and individualized based on the needs of each child. **Specific goals** are set for each child depending upon their specific difficulties. We appreciate **parent involvement** and **feedback** throughout the course.

**For more information
please contact:**

Morrissey-Compton Educational Center
2555 Park Boulevard, Suite 1
Palo Alto, CA 94306
Phone: 650-322-5910

