



Kids Dealing with Divorce Group



Coping with divorce is a difficult thing for anyone, but especially your children. Doesn't it make sense to arm them with the skills and support needed to make this transition as smooth and positive as possible? Our kids divorce group is for children in families where parents have completed or are in the process of divorce. The group will use a variety of fun and engaging activities designed to teach coping skills, decrease anxiety and sadness, enhance self-esteem, and provide support from peers going through the same thing.

This children's divorce group will cover the following:

- **Why Parents Marry and Divorce**—stages of divorce, family album, reunification fantasies, ideas about divorce
- **How to Deal with Changes**—changing rules and discipline styles, moving and making friends, a working parent, more responsibilities, academic and behavior problems, improved parental relationships
- **Adjusting to Having Parents in Two Houses**—the people who live in my house, kinds of families, family members who don't live with me, loyalty conflicts, the child in the middle, parental abandonment
- **Feeling Angry or Guilty and the Grieving Process**—sources of anger, internal and external anger, handling anger, not blaming oneself
- **Step-Parents and Step-Siblings**—step and half siblings, feelings about having a step-parent; a happy marriage from the child's vantage point, understanding legal terms regarding divorce
- **Achieving Acceptance and Closure**—acknowledging the reality of marital rupture, accepting the permanence of divorce, disengaging from marital conflict and distress and resuming customary pursuits, achieving realistic hopes regarding relationships, resolution of loss



When: Mondays from 6:30pm–7:45pm, Jan 23rd – Mar 20th, 2017
(no group Feb 27th)

Where: [The Office of Wynns Family Psychology, Cary Location](#)
130 Preston Executive Drive, Suite 202, Cary, NC 27513

Leader: Lauren Bowman

Ages: Children ages 6-11

Fee: \$80 per week. \$640 total or \$580 if paying for all 8 sessions in advance. (Most insurance plans will likely reimburse a percentage of these fees. Ask us for information on filing claims.) \$160 deposit required to reserve a spot. (Deposits and advanced payments are non-refundable.) Light snacks may be provided. **Please let us know of any food allergies in advance. 10% discount for repeat members.**

Register: Call 919-467-7777 or email Info@WynnsFamilyPsychology.com.
Visit WynnsFamilyPsychology.com to learn more about the practice and our [group leaders](#).

Space is Limited So Call or [Email Now](#) to Reserve Your Spot!

More Information from Wynns Family Psychology

- [See Our Full List of Group and Camp Services](#)
- [Learn More About Our Child and Teen Therapy Services](#)
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