

For the Sake of the Children



A FREE INFORMATION PROGRAM FOR PARENTS LIVING SEPARATELY



Separation can be a time of pain, confusion and sorrow. Parents and their children may experience a great sense of loss and will often need help to understand and cope with all the changes that come with separation.

For the Sake of the Children is a free six-hour program divided into two sessions of three hours each. It is designed to provide the type of information parents need:

- To understand what they are going through, both legally and emotionally; *and*
- To help them cope with and adjust to separation so that they can help their children adjust.

Separation is an adult issue. Children do not make the decision to separate, yet they are greatly affected by that decision.

The effects of separation on children largely depend on how parents manage their relationships after the separation.

Separation is difficult. However, research and experience show that it is continued conflict between the parents that causes the most harm to children, not the separation itself.

For the Sake of the Children teaches ways to reduce the conflict between parents and also relieve the stress they are experiencing. It focuses on helping parents help their children.

The program covers:

- Adults' experience of separation;
- Children's experience of separation;
- Children's needs at different ages;
- Planning parenting after separation;
- Alternatives to Court;
- Reorganizing;
- Legal issues;
- Economic issues;
- The costs of conflict and the benefits of keeping conflict low;
- New partner issues;
- Communicating with your child's other parent;
- Communication with your child;
- Effects of conflict on children.

Professionals knowledgeable in separation and divorce issues conduct the program. They will use videos during the sessions and participants will receive handouts and printed resource materials, as well as a certificate of completion.

For the Sake of the Children is especially beneficial for parents experiencing separation. Both parents are encouraged to participate and will be **registered to attend separate sessions**. The program is also open to others.



Participants may be asked to help evaluate the program by completing a questionnaire. This feedback is important, as it will help to improve **For the Sake of the Children** and to develop future programs for parents.



How to Register

To register for a FREE session, please call toll-free

1-888-281-8081

Email: FTSOTC@gnb.ca

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www.familylawnb.ca

www.legal-info-legale.nb.ca

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