



## Children of Divorce Group



Separation and divorce are life changing events in the lives of each member of a family.

This group will focus on the children of these families and their experiences. They will learn about the ups and downs of life, that others are going through the same thing, how to talk about separation and divorce, having two homes, among other topics and coping skills which hopefully can make the transition a bit easier.

We will learn about the topics listed below, practice coping skills, play and do activities together:

1. Getting to Know One Another
2. Life Has Ups and Downs
3. How to Talk About Separation and Divorce; how it works
4. My Parents' Divorce
5. Changes In My Life
6. Spending time With Mom or Dad
7. Mixed Up Feelings-Sadness, Anger and "I don't feel well".
8. Is It My Fault? Getting Rid of Guilt
9. Having two homes; What Is Custody?
10. Coping With the Divorce in My Family
11. Feeling Good About Myself
12. What I Learned and practiced-a review
13. Pizza Party
14. Relaxation Techniques and Taking "Mental Vacations" will be woven throughout out time together.
15. Parents Will Receive a Handout: "A Dozen Ways to Help Your Child Through Your Separation and Divorce"
  - Each participant will receive a "Feel Better Bag" to collect items that encourage self-care and a gentle reminder to do the relaxation techniques we learned during group time. There will be time to decorate these bags which participants can take home with them and bring back the following week.
  - Each participant will also receive a scrapbook for saving "stuff"- all the hard work of learning. It will be a collection your child's papers on the topics and skills practiced, activities worked on during group time and "treasures". This scrapbook will stay here until the end of group, kept in a safe and private place.

At the end, each participant can either take it home or leave it here knowing that it is kept safe and private.

**The actual curriculum and activities will change every season, but these are core topics covered.**



WYNNS FAMILY PSYCHOLOGY  
expert solutions for kids, teens & families



## Children of Divorce Group

**When:** **Children of Divorce Group for ages 9-13**  
**Cary Group:** Wednesday's from 4:00-5:00pm with Therapist Mary Caldwell-Pineda  
February 4<sup>th</sup> – April 1<sup>st</sup> 2020 (8 weeks) (Not meeting 02/18/2020)

**Where:** The Office of Wynns Family Psychology, Cary  
Cary: 130 Preston Executive Drive, Suite 202, Cary, NC 27513

**Leaders:** Mary Caldwell-Pineda, LMFT, plus co-leaders as needed, ensuring a small leader-to-student ratio

**Ages:** 9-13 years old

**Fee:** \$85.00 for 30-minute consult (required), or \$130 for 45-minute consult then \$85.00 per week.

8-week group prices: \$680.00 total (Not including the consult)

\$170 deposit required to reserve a spot.

10% Discount for paying for all 8 session in advance!

10% Discount for returning WFP group clients!

Total \$612.00 (Not including consult)

15% Discount for returning WFP Group Clients and Paying in Full!

Total \$578.00 (Not including consult)

\*Please note, all deposits and advanced payments are non-refundable. Discounts are not combinable\*

A small snack may be provided. **Please let us know of any food allergies in advance.**

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

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

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