

Ever Feel Caught in the Middle?

Kids often report feeling caught in the middle when they encounter parental disruptions in the family.

Roller Coasters is a program that allows kids the opportunity to express these feelings as they gain the resources and skills needed to work through this often difficult time.



Group Format

The Rollercoaster's program is a group program designed with a session each week for children aged 8-11. The length and number of sessions is dependant on the ages of the children.

There are also parent sessions designed to inform parents and caregivers about what the children are learning and to assist them in supporting the material at home.

Powell River Child & Youth Mental Health

#202-7373 Duncan St
Powell River, BC

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Helping young people manage the rollercoaster of divorce and separation.

For ages 8-11

**Powell River
Child & Youth
Mental Health**
(A division of MCFD)

Tel: 604-485-3722



ROLLER COASTERS

Like a roller coaster, divorce and separation often bring ups and downs that can leave children feeling unsure of what will come next. It can be a wild ride of emotions and events that many children and youth find confusing, scary, and lonely. Attending a group such as the Rollercoaster group can provide children and youth with the skills and resources that will assist them in adjusting to their new environment.

Children experiencing the separation and divorce of parents or caregivers, often feel responsible and angry as they go through a process of grief and adjustment. There are difficult issues such as torn or strained loyalties and visitation arrangements that vary dependant on the age and developmental stage of each child or youth. These issues and more are discussed in the Rollercoaster program.



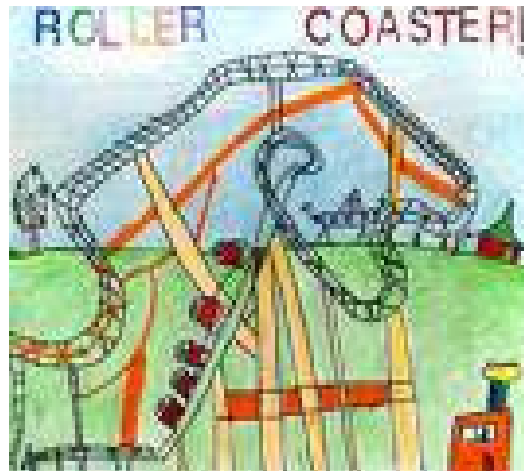
Separation and divorce can be a wild ride. The Roller Coasters group can help kids develop the resources and tools they need .

Locations:

Powell River Child,
Youth & Family Services Society
#202-7373 Duncan Street
Powell River BC V8A 1W6
OR
Sliammon Health Office

For further information, or to register,
please call our office at:

604-485-3722



Group Includes:

- Snacks
- Games
- Art
- Discussions

Discussion Topics Include:

- The New Family Situation
- Grief and Loss
- Facing my Anger
- Communication
- Problem Solving
- Torn Loyalties
- Understanding Feelings
- And More. . .



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