



# Helping Children Cope with Separation and Divorce

A two-hour evening workshop for parents with children of any age.

## Workshop topics include:

- ◆ Understanding how children grieve during separation and divorce.
- ◆ Children's reactions to separation and divorce at each stage of development.
- ◆ Factors affecting a child's successful adjustment to separation and divorce.
- ◆ Parenting strategies to support a child's adjustment to separation and divorce.

## 2009 session dates

Feb. 26  
April 30  
June 18  
Sept. 17  
Nov. 26

## Time

Thursday evenings from 6 to 8 p.m.

## Location

The Regional Municipality of Durham Headquarters  
605 Rossland Rd. E., WHITBY

## Fee

\$20 per person  
\$30 per couple

**Please request subsidy if needed.**  
**Workshops are FREE for Ontario Works clients.**  
**Free on-site childcare is available.**

For information or registration, please call  
**Family Services Durham at 905-683-3451.**



The Regional Municipality of Durham  
Social Services Department  
[www.region.durham.on.ca](http://www.region.durham.on.ca)

Family Services Durham  
"Helping you find your inherent strength,  
courage and wisdom."