

How can your family benefit from *Families and Divorce*?

### Do you:

- Find yourself asking, "How can this be happening"?
- Grieve over what might have been?
- Get angry about the small things?
- Just feel numb sometimes?
- Have a strong desire to get even with your ex-spouse?

### What about your children?

- Are they angry that you and your spouse can't work things out?
- Are they experiencing "reunion" fantasies?
- Do they feel responsible for the breakup of your marriage?
- Do they seem to be sad most of the time?

If you've answered **yes** to any of these questions, then you may find that **ESCAPE's *Families and Divorce*** can help. You'll learn how to be a good co-parent even during the turmoil of divorce, and your children will come away assured that they are loved by both parents and that they are not at fault for the divorce.



**ESCAPE**  
**Family**  
**Resource**  
**Center**

### CALL FOR CLASS DATES & TIMES

Founded in 1983 by Houston area chapters of the National Exchange Club, ESCAPE is a 501 (c) 3 nonprofit, privately supported agency dedicated to preventing child abuse and neglect in the Greater Houston area.

ESCAPE provides families with the vital skills to help their children flourish emotionally and physically.



FOUNDED BY  
THE NATIONAL EXCHANGE CLUB

**ESCAPE Family Resource Center**

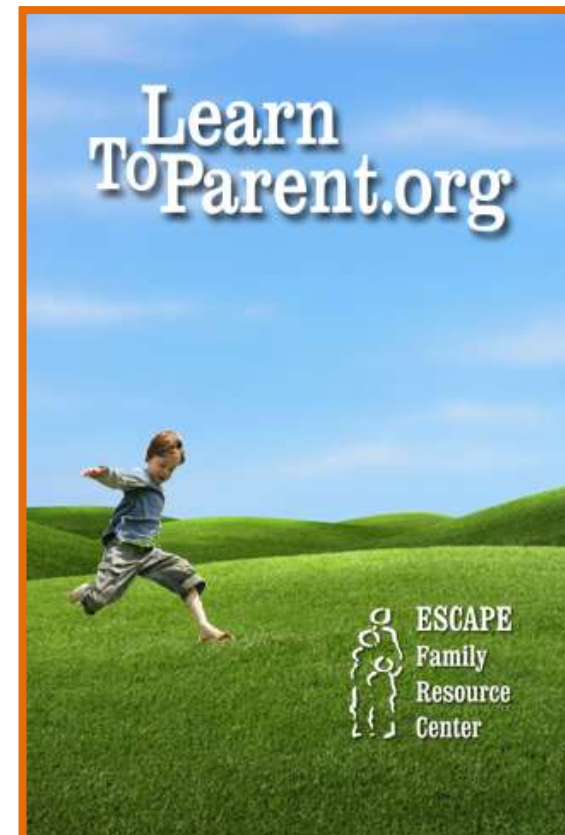
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**[www.LearnToParent.org](http://www.LearnToParent.org)**



**FAMILIES**  
**AND**  
**DIVORCE**

## PROGRAM DESCRIPTION

**Families and Divorce** is a 4-hour course that satisfies the requirements of the family courts and provides you and your children with the tools to cope with the breakup of your marriage. You'll be in a classroom with other divorcing parents who are sharing the same challenges you are experiencing. Your children will be in classes with kids their own age who are all learning to deal with the same stress, sadness, anger and loss brought on by divorce.



**ESCAPE's Families and Divorce is the only court-approved program to include classes for children of all ages. Childcare is available for infants and toddlers.**

**\*divorcing or divorced parents must attend separate programs**

Learn  
ToParent.org

## FAMILIES AND DIVORCE PROGRAM OVERVIEW

### **Facts of Divorce**

Children are able to adjust to divorce when their parents demonstrate that they can successfully restructure their couple relationship to focus entirely on being co-parents.

### **Emotional Effects on Parents**

Divorce causes parents to feel shock, denial, guilt, depression and anger. Those emotions should eventually lead to acceptance.

### **Emotional Effects on Children**

Children of all ages experience fear, sadness, anger and anxiety.

### **Adjustments for Everyone**

Both custodial and non-custodial parents will have to make adjustments. Children will need to adjust to weekend visits, new friends, new schools and new relatives.

### **Do's and Don'ts for Parents**

ESCAPE suggests that parents refrain from: questioning their children about the other parent, making disparaging remarks about the other parent and communicating with the other parent through the children. Children should be given permission to love both parents and to express their feelings in healthy ways.

### **Parental Partnerships**

Treat it as though it is a business arrangement, and begin with a mutual goal not to damage the children. Be flexible.

### **Set Some Ground Rules**

Remember, the kids come first.. Put it in writing if necessary. Define boundaries, and know that it is acceptable for the children to have two parents they love equally.

## FAMILIES AND DIVORCE WILL TEACH YOU THE SKILLS YOU NEED TO:

- **PUT YOUR CHILDREN FIRST IN EVERYTHING YOU DO**
- **HELP YOUR CHILDREN DEAL WITH LOSS**
- **HELP REASSURE YOUR CHILDREN THAT THE DIVORCE IS NOT THEIR FAULT**
- **BECOME CO-PARENTS INSTEAD OF ADVERSARIES**



*"Now we know that mommy and daddy didn't stop loving each other because of us. We love ESCAPE!"*