

Post Separation Program

Separation and divorce is a highly emotional and difficult time for most families. Recent research indicates that it is not the separation or divorce itself that has the greatest impact. Rather the research indicates it is the way in which parents interact with each other and their children that has a major impact on how the children will cope. In families where there is a high level of conflict between the parents following separation or divorce the children's long-term emotional well being is most likely to be influenced. At the CSG Clinic, we offer a range of Post-Separation services aimed to educate and assist parents and children through this very difficult and challenging adjustment.

Current programs/groups include:

Back on Track - a series of workshops held one evening per week over six weeks. Back on Track is designed to help separated or divorced parents negotiate their way through separation and re-partnering.

Milestone - a series of workshops held one evening per week over eight weeks specifically designed for fathers who are experiencing divorce or separation.

RollerCoasters - a series of one hour workshops conducted over eight weeks for children 8-12 years whose parents have separated or divorced.

All programs and groups are conducted by trained facilitators who have a background in the post-separation field.

Crossroads and the groups are offered up to 4 times per year during the school term. Bookings are essential. Please contact **Mario Testani, Karen White** or **Barbara Mearns** at the (604) 639-3236 for more information about these group services.