**Divorce Group for Children Ages 5 and up**

**Why Group Therapy?**

When given a choice, children typically like to be among others their age to play and interact. Therapy groups provide a place for children and teens to come together to talk about a common issue they are experiencing, both with one another, and a therapist who is trained in leading a group to provide ways to process, connect and heal. The therapist creates a warm, welcoming environment where children and teens feel heard, supported and can see that they are not the only one whose family is going through a separation or divorce. Children can support one another in a way that we as adults cannot! They speak their own language, and a comforting word from a peer can go a long way for a child.

**Activities** for young children might include art/craft projects, games, reading story books, interactive/movement therapy, mindfulness activities (kids yoga, breathing exercises, ways of calming the body when under stress), songs and music and role playing.

**Older Children and Teens** gravitate towards their peers and typically prefer their friends over adults when it comes to talking about how they feel. The therapist can guide the conversation and activities in a way that encourages honest, open communication, mutual support and expression of feelings. The therapist can direct the group session in a way that is meaningful and positive, without blocking the tween/teens natural way of communicating. By modeling a healthy way to express feelings, participants are given an opportunity to explore their reactions to what is going on in their family life. This is also a time to discuss relationships – as teens may be exploring the world of dating. Group discussions about healthy relationships, setting good boundaries and emphasizing self-respect and self-esteem will lead teens to make thoughtful choices in their own lives.

**Activities for Older Children and Teens** might include expressive arts projects – using art materials as a means for expression, mindfulness and stress reduction activities (Yoga, progressive muscle relaxation, guided imagery and meditation, breathing exercises), role playing, and open dialogue.

In each group (for all ages) group rules will be established and reviewed at the beginning of each session. Confidentiality will be discussed in age appropriate language and the therapist will be guiding each session to ensure that every child is safe and supported. The agenda for the day will depend on who is present for the group- because this is an open-group, new participants can join at any time. **We do ask that you commit to a minimum of eight sessions – this helps keep the group consistent, and helps participants form trusting relationships with one another and the therapist.**

Group Length: 45 minutes

Cost: $60 per group session

Groups are led by Chelsey Brooks, LPC. You can read more about Chelsey here:

<http://www.familytherapynova.com/meet-the-team.html>