



IT'S YOUR DIVORCE. NOT THEIRS.

Kids First Center  
222 Saint John St., Suite 101  
Portland, ME 04102

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Portland, ME  
Permit No. 223





**kids**

**FIRST**

IT'S YOUR DIVORCE. NOT THEIRS.

# Supporting Families of Separation and Divorce

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**JUNE - DECEMBER 2016**

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**Kids First Center**

222 Saint John St., Suite 101

Portland, ME 04102

207.761.2709

[www.kidsfirstcenter.org](http://www.kidsfirstcenter.org)



## Our Mission

The mission of *Kids First* is to reduce the impact of separation, divorce and remarriage on kids. As painful as it is for parents, it's the kids who may pay the highest price - the hurt can last a lifetime. But it doesn't have to be that way. That's where the *Kids First Center* comes in. Providing practical information and support through a wide variety of programs for parents, kids and professionals who work with them, we are a resource for families when they need us most. More information can be found at [www.kidsfirstcenter.org](http://www.kidsfirstcenter.org).

## Support Groups For Children & Adolescents

These six-week after-school support groups give kids an opportunity to share experiences around the divorce or separation of their parents with their peers in a safe, neutral environment. Groups are small in size (5-8 children), and are facilitated by mental health professionals who guide participants through thoughtful discussions and fun activities that help kids better understand and adjust to whatever family changes are happening at home.

### GROUP DETAILS:

- Held on Mondays from 4:30 – 6:00 p.m. for six weeks
- New groups start every other month
- Groups are scheduled when registration is full
- Fee is \$90/child, or \$70/siblings
- Parental consent required; contact us at 761-2709 or email [info@kidsfirstcenter.org](mailto:info@kidsfirstcenter.org) to pre-register

### *KIDS, YOU ARE NOT ALONE...*

*Join our afterschool support groups, and meet kids just like you whose parents are living apart. Talk about what that's like... Don't feel like talking? Just listen to what other kids have to say! Make new friends, do fun projects together and learn new ways of thinking about divorce.*

*Have your parent or guardian give us a call and we'll get it all set up for you confidentially.*

## Stephane Yulita Lending Library

Lending Library: Located in the *Kids First Center*, Suite 101. Parents, teens, children and professionals may borrow books covering a wide range of topics related to divorce, separation and stepparenting.

Resource Guide: Clients may call *Kids First* for referrals for attorneys, therapists, mediators and various support agencies.

## The Kids First Program

The first step for successful co-parenting, this four-hour workshop for parents is designed to help address problems and reduce the negative effects of separation and divorce. This workshop will address:

- Children's needs as marital and family roles change
- The effects of and children's reactions to separation and divorce
- Talking with children about divorce and other changes
- Making decisions about parenting arrangements
- Dealing with conflict without involving children
- Helping children adjust to differences between households

Participants are encouraged to attend this program as early in the separation and divorce process as possible. You must register to attend. You will receive a confirmation call 2-3 days before the workshop. Meets on Saturdays, 8:30am - 12:30pm or Thursdays, 5:00 to 9:00pm. Fee is \$60 per person.

**PORTLAND** - Kids First Center - 222 St. John St, Ste104  
(207-761-2709)

June 4(Sat)	Aug 18(Thu)	Nov 5(Sat)
June 16(Thu)	Sep 15(Thu)	Nov 17(Thu)
July 21(Thu)	Oct 1(Sat)	Dec 3(Sat)
Aug 6(Sat)	Oct 13(Thu)	Dec 15(Thu)

**BIDDEFORD** - Southern Maine Medical Center  
One Medical Center Drive, Biddeford (207-761-2709)

June 11(Sat)	Aug 13(Sat)	Oct 8(Sat)	Dec 10(Sat)
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**FARMINGTON** - Franklin Memorial Hospital  
111 Franklin Health Commons, Farmington (207-761-2709)

July 9(Sat)	Sep 10(Sat)	Nov 12(Sat)
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**TOPSHAM** - Woodside Elementary School  
42 Barrows Drive, Topsham (207-761-2709)

Jul 9(Sat)	Sep 10(Sat)	Nov 12(Sat)
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**Other locations:** Please call local numbers for upcoming dates and to register.

Augusta, Waterville & Skowhegan - 207-859-1514

Belfast - 207-338-2200 X109

Lewiston - 207-783-3990

Norway & South Paris - 207-333-6425

**Similar program offered in the following locations:**

Rockland, Wiscasset & Newcastle - 207-596-0359

Bangor & Ellsworth - 207-942-9329 or 942-8200

Presque Isle - 207- 488-6657

## Next Step Program - Putting Conflict Aside

A **four-week** program for parents who wish to explore the impacts of separation and divorce more deeply. Prior attendance at a Kids First Program is required.

- Focus on co-parenting and managing conflict
- Fine tune communication skills to fit children's changing needs
- Address parenting arrangements and new relationships

Meets four consecutive weeks - 6:00 - 9:00pm

Fee is \$180 per person (no class Oct. 10)

**Portland:** Mondays, Sept. 26, Oct. 3, 17, 24, 2016

**Topsham:** Mondays, Nov. 7, 14, 21, 28, 2016

## Kids First Program for Stepparents

This **four-hour**, one-time workshop is designed to help parents and stepparents understand the typical difficulties experienced by each person - including the children - in the new family. Prior attendance at a Kids First Program is suggested. Participants will learn:

- Ways to ease the transition process
- Appropriate boundaries
- How to have their needs met
- Ways to feel comfortable in their new roles and relationships

Meets on Saturdays - 8:30am - 12:30pm

Fee is \$60 per person/\$100 for 2 parents (recommended)

**Portland:** June 11 Aug. 13 Oct. 8 Dec. 10

## Kids First Program for Women

This **full-day** workshop is designed for mothers who have left relationships where any form of domestic abuse was present. In addition to the Kids First Program curriculum, this program addresses issues specifically related to the following:

- Physical, emotional and verbal abuse
- Financial exploitation
- Safety planning
- Other support services in the community

Meets quarterly on Saturdays - 8:30am - 2:30pm

Fee is \$60 per person

**Portland:** Please call 761-2709 for dates and times

## ***Kids First: What Kids Want Grown-Ups to Know About Separation & Divorce***



Our book provides valuable insights for separating parents, attorneys, mental health professionals and others. Order your copy online through Amazon or pick one up at the Kids First Center for \$15.00 (includes ME sales tax).

## Separation Divorce & Dads

A **drop-in** support group for dads covering various separation and divorce related topics. Meets monthly - 6:30 - 8:00pm (excluding July)

Fee is \$10 per person; registration not required

**Portland:** First Tuesday of every month

## Gay, Lesbian, Bisexual, Transgender Families Parenting Through Separation & Divorce

**Annual** workshop open to parents as well as professionals working with GLBT community. Expand your thinking about the effects of family transition and dissolution with GLBT parents and their children.

### HOW TO REGISTER FOR A PROGRAM

**1) Online** - Go to [www.kidsfirstcenter.org](http://www.kidsfirstcenter.org).

**2) By mail** - Use the attached Registration Form.

**3) By phone** - Call 207-761-2709 or the appropriate phone number for programs held at locations other than the *Kids First Center*.

**Please note** - All programs are at the *Kids First Center* in Portland unless otherwise noted. For evening and weekend programs, participants should enter from the rear of the building, as front entrances will be locked.

If needed, financial assistance is available for all programs.

## ANNUAL CONFERENCE

### THE MODERN FAMILY COMES APART: UNIQUE CHALLENGES & NON-ADVERSARIAL APPROACHES TO SEPARATION & DIVORCE

Thursday, October 20, 2016, 8:30 – 3:30

Fee: \$175 (Lunch Provided)

Harraseeket Inn, Freeport, ME

**Keynote Speaker: Dr. Ben Garber, Ph.D., Child Psychologist, nationally renowned speaker**

This conference explores the new reality of the modern family. The recently enacted Maine Parentage Act demonstrates the need for mental health and legal professionals to develop new skills and ways to work with families and resolve disputes. We will explore Collaborative Divorce and other cooperative alternatives to the traditional adversarial process.

## WORKSHOPS

Designed for parents and/or professionals, these workshops are offered at the *Kids First Center* in Portland.  
**Registration is required.**

### FINANCIAL & INVESTMENT BASICS FOR PRE & POST-DIVORCE

Presenter: Grey Terry, Certified Divorce Financial Analyst  
Thursday, Sept. 22, 2016 7:00 - 8:30 pm

This workshop will discuss basic financial planning elements, reviewing the three main asset classes: Cash, Bonds, and Stocks. Make more informed financial decisions, while having a better understanding of how investments can be used for future needs and goals.

### DISCERNMENT COUNSELING: THE NEW MODEL FOR MARRIAGES ON THE BRINK

Presenter: Sara F. Levite, MS, LCPC  
Thursday, November 3, 2016 7:00 - 8:30 pm

Discernment counseling is a short-term approach for couples where divorce or separation feels like a real possibility, but they're not totally sure it's the best or only choice. They may be ambivalent or overwhelmed by the decision because of children, family, friends, finances, or fear in general.

### THE COURT-APPOINTED ROLE AND DUTY OF GALs: A PRIMER FOR PARENTS & GUARDIANS

(for parents, guardians, grandparents, or other persons who may have parental rights & responsibilities)  
Monday, November 14, 2016 7:00 - 8:30 pm

When parents struggle to reach agreement on a parenting plan, the family court can appoint a guardian ad litem (GAL) to investigate and report to the court concerning the best interests of the child as defined by Maine law. Presenters will describe the role and duties of a GAL and provide information on expectations and how best to work with a GAL to assist your family. *Presenters may not and cannot answer specific questions about any case that is pending in court.*

### SEPARATION, DIVORCE & THE VERY YOUNG CHILD

(for parents & professionals) CEUs available for a fee of \$25  
Presenters: Betsy Van Betuw, LCSW  
Elizabeth Stout, Esq./GAL

Thursday, December 1, 2016 7:00 - 8:30 pm

This workshop examines the developmental needs of infants, toddlers, and preschoolers and their expected responses to separation & divorce. Discussion explores best co-parenting or parallel parenting practices, latest research on residency and ways of keeping communication open and productive.

# Registration Form

For Portland, Topsham, Biddeford & Farmington locations only. Registration is also available online at [www.kidsfirstcenter.org](http://www.kidsfirstcenter.org) or by phone 207-761-2709 or fax 207-780-0059.

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ E-mail: \_\_\_\_\_

Phone number (where it's OK to leave a message): \_\_\_\_\_

Paying by check or  credit card (M/C or Visa) # \_\_\_\_\_ exp. Date \_\_\_\_\_

Make check payable to Kids First Center

If you prefer not to attend the same program as a current or former spouse or partner, please print his/her name here: \_\_\_\_\_

If you require financial assistance, please call Kids First at 207-761-2709

Please indicate below which program you are interested in attending, and your choice of date and location:

Kids First Program (registration fee \$60.00) Program Date/Location: \_\_\_\_\_

Other programs (registration fees differ) Program Date/Location: \_\_\_\_\_

To attend sessions at the Portland, Topsham, Biddeford or Farmington locations, please mail your payment and registration form to:

Kids First Center, 222 St. John Street, Suite 101, Portland, Maine 04102

