



Session topics

1: What's Happening to My Family

This session helps children understand the changing family dynamics and how they fit into it all.

2: God Loves Children in All Kinds of Families

They'll learn that every family's situation is unique and what a healthy single-parent home can look like.

3: Facing My Anger

In this session, children will learn how to recognize and manage feelings of anger in a healthy way.

4: Journey from Anger to Sadness

As anger and sadness are normal feelings of grief, this session helps children name and communicate their feelings.

5: I Am Not Alone

Children will discover that other people understand what they're going through and God is always there with them.

6: God's Plan for Me

Children will see that they have choices to make, how these choices affect others, and how God is there to help.

7: Developing New Relationships

The children will learn that it's okay to be loyal to each parent without feeling guilty.

8: Developing Money Smarts

Divorce causes financial changes. The kids will learn to better understand these changes through budgeting exercises.

9: It's Not My Fault

This session helps children understand that divorce is never their fault and that it's something that happens between two adults.

10: Telling My Parents How I Feel

This session teaches children how to be honest about their feelings in a healthy, respectful way.

11: Forgiveness

The children will learn the concept of taking responsibility for their own actions and attitudes and how this relates to forgiveness.

12: Loving My Parents

This session instills the understanding that Mom and Dad still love the children and how the children can show their love in return.

13: Moving On

Growing UP and Closer to God: The children will discover how life goes on after divorce and how they aren't defined by the experience.