



INSTITUTE FOR HUMAN ADJUSTMENT

UNIVERSITY CENTER FOR THE CHILD AND THE FAMILY  
UNIVERSITY OF MICHIGAN

## Kids In Divorced and Separated Families (KIDS) Group

**Our group fosters a supportive, educational environment in which we provide effective strategies for building coping skills.**

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Children experience difficult behavioral, psychological, and educational challenges when their parents separate or divorce. Our group will provide children with a supportive environment to cope with these challenges. Often, participating in a group can supportively guide children through learning coping skills for anxiety, depression, social interactions, and school problems. **This group will provide the necessary tools for children to learn to communicate their feelings, both during and after divorce.** Children will have the opportunity to explore and share their thoughts and feelings about their unique experience through activities, art, and play.



Our currently intended age range is 7-10 years old; however, we would love to hear from any interested family, and encourage calls, comments, and questions.

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This group will run for eight weekly sessions this Fall. Registration is required.

Please contact us for a start date, which is currently unannounced.

**We encourage you to call us at (734) 764-9466 with any questions, or to register.**

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We are committed to serving children, teens, couples, and families in the community. Our multidisciplinary staff offers a comprehensive range of integrative, culturally sensitive counseling, therapy, and mental health services using evidence-based treatments. UCCF is a Blue Care Network provider and we also accept referrals.

Regents of the University: Mark J. Bernstein, Julia Donovan Darlow, Laurence B. Deitch, Shauna Ryder Diggs, Denise Ilitch, Andrea Fischer Newman, Andrew C. Richner, Katherine E. White, Mary Sue Coleman (ex officio)

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