

An illustration showing two houses on kites. The houses are simple, with windows and doors. The kites are connected to strings that are held by two children at the bottom. The children are depicted in a simple, stylized manner. The entire scene is rendered in a light, sketchy style.

Because Life Goes On...

**Helping Children and Youth  
Live with  
Separation and Divorce**

*Resources*

Compiled by Liza E. Goulet

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## How Can I Locate Information and Resources?

### Making Use of Community Organizations

Refer to the Yellow Pages of your phone book for a listing of community organizations by looking under a heading such as “Social Service Organizations.” Many cities and towns have community information centres with trained staff or volunteers. They can give you free information about services in your area.

Depending on the size and location of your community or city, the following organizations may exist in your area. Their programs and resources are there for your benefit.

### *Family Service Organizations*

Over 120 family service organizations in Canada provide programs and services such as family life counselling, educational programs, family violence prevention and intervention, debt management and referrals.

To find the family service organization in your area, refer to the Yellow Pages of the phone book under a heading such as “Social Service Organizations.” Look for the name of an organization (or organizations) with a title such as “Family Services,” “Family Service Bureau,” “Family Service Centre,” “Family and Children’s Services.” Sometimes the name of these organizations is preceded by the name of your town, city or province, or by a religious affiliation such as “Catholic,” “Protestant” or “Jewish.”

**Family Service Canada** is a national non-profit organization representing family-serving agencies across the country. For assistance in locating an agency in your area call 1-800-668-7808, or contact them at:

Family Service Canada  
383 Parkdale Avenue, Suite 404  
Ottawa ON K1P 5Z9  
1-800-668-7808 or (613) 722-9006  
Fax: (613) 722-8610  
Email: [fsc@igs.net](mailto:fsc@igs.net)  
<http://www.cfc-efc.ca/fsc/>

Their website lists resources designed to assist people in their relationships, in critical times and in day-to-day living. Services are directed toward parents, children, youth, service providers and community leaders. For example, topics on their website include:

- *Helpful Hints for Healthy Parenting*
- *Coping with Tricky Times*
- *Promoting Your Child’s Self-Esteem*
- *Supportive Ideas for Raising your Child in Separate Homes*
- *When Parents Separate or Divorce: Helping Your Child Cope*
- *Self-Help Groups and Support Groups for Parents and Children*

### ***Canadian Mental Health Association***

Over 140 branches of the Canadian Mental Health Association (CMHA) are located in communities across Canada. In addition to community services and programs, CMHA distributes inexpensive pamphlets on parenting, separation and divorce, including:

- *Separation and Divorce*
- *Children and Depression*
- *Children and Difficult Behaviour*
- *Children and Family Break-up*
- *Children and Self-Esteem*
- *Children and Their Fears*
- *Children and the Stress of Parenting*

To locate the CMHA branch nearest you, look in the phone book under the Canadian Mental Health Association, or contact:

Canadian Mental Health Association  
2160 Yonge Street, 3<sup>rd</sup> Floor  
Toronto ON M4S 2Z3  
Tel.: (416) 484-7750  
Fax: (416) 484-4617  
Email: cmhanat@interlog.com  
<http://www.cmha.ca>

For pamphlets, contact the CMHA website and complete the electronic form provided, or call the branch nearest you.

### ***Other Community Organizations***

Other organizations may offer services and programs for you and your children, such as information and referral agencies, family resource programs, United Way/Centraide, Friendship Centres, YMCA and YWCA. Refer to your phone book for these and other organizations available in your community.

### ***Using the Internet: How to Gain Access to the Information Highway***

THE INTERNET IS A NETWORK of networks, linking computers to computers. It is sometimes compared to a giant international plumbing system. The Internet itself does not contain information; rather it finds documents found on computers linked to the Internet.

Industry Canada supports various initiatives designed to help provide Canadians with affordable public access to the Internet and the skills to use it effectively. These initiatives

include the Community Access Program, SchoolNet and LibraryNet. For those readers who would like to learn more about the Internet and how to gain access to it, the best place to start is by calling your local library. Many libraries are set up to help you learn about this tool and to use their specially designated computer terminals. If your library does not have these services, it may be able to connect you with organizations in your city or community that do.

This Resource section lists a large number of websites that contain information on topics related to helping children through the process of separation and divorce. The beauty of the Internet is that all of this information is at your fingertips. The disadvantage of the Internet is that, although you can find a wealth of information on almost any topic, the quality or accuracy of the information varies widely. That's why it's important to know a bit about the reliability of the source of the information you have located.

If you're just getting started on the Internet, there is one website that we suggest you begin with: The Canadian Child Care Federation's website called "Child and Family Canada," supported by Human Resources Development Canada and Industry Canada (<http://www.cfc-efc.ca/cccf>), contains a wealth of useful information provided by over 45 collaborating voluntary organizations. This website includes information and resources on topics such as child care; family resource programs; child development; family life; health; learning activities; literacy; media influences; parenting; physical activities and play; child safety; social issues; special needs; and adolescent health and well-being.

See also the section "The Internet for Parents, Children and Youth", page 31, and the box "Safety Tips for Surfing the Net" on page 32.

For a listing of other websites on parenting and family life, and of websites designed specifically for children and youth, refer to Health Canada's Mental Health Promotion Unit website (see box on page 16).

### **Making Use of Municipal Services**

Various government programs and services are also available to serve children and families at the local level. A community organization or your family doctor can provide information about them, or they can be found in the phone book's Blue Pages under:

- Municipal Government — Headings such as community centres, health information, social assistance, child care information, children's services and health, employment, and information and referral centres.

### **Accessing Provincial Services and Organizations**

Your provincial government is responsible for providing health and social services throughout the province, including health care, family and children's services, courts of law and legal aid.

- Refer to provincial listings in the Blue Pages under general information, children’s services, community and/or social services, courts (family court, mediation services, legal aid services), family benefits, and housing.
- Provincial and territorial departments of Justice (Family Law Division), Social Services and Health usually have resources available (i.e. free pamphlets, brochures). You can access provincial and territorial governments directly at [http://canada.gc.ca/othergov/prov\\_e.html](http://canada.gc.ca/othergov/prov_e.html).
- You can also access provincial and territorial government sites and all provincial and territorial welfare departments through the “Canadian Social Research Links” website at <http://members.home.net/gilseg/index.htm>.

### **Provincial/Territorial Government Information**

For details on provincial and territorial government information on child support guidelines and programs, you can call the phone number for your province or territory from the following list:

Alberta — for toll-free access within Alberta .....	1-310-0000
Calgary (Calgary Family Law Information Centre) .....	(403)-297-6600
Edmonton (Edmonton Family Law Information Centre) .....	(780) 415-0404
Web site: <a href="http://www.gov.ab.ca/just/lawu/roles13.htm">http://www.gov.ab.ca/just/lawu/roles13.htm</a>	
British Columbia .....	1-888-216-2211
Vancouver .....	(604) 660-2192
Web site: <a href="http://www.ag.gov.bc.ca/public/98014.htm">http://www.ag.gov.bc.ca/public/98014.htm</a>	
Manitoba .....	1-800-282-8609 ext. 0268
Winnipeg .....	(204) 945-0268
Web site: <a href="http://www.gov.mb.ca/justice/family/familyindex.html">http://www.gov.mb.ca/justice/family/familyindex.html</a>	
New Brunswick .....	1-888-236-2444
Web site: <a href="http://www.gov.nb.ca/justice/FSOST.HTM">http://www.gov.nb.ca/justice/FSOST.HTM</a>	
Newfoundland .....	(709) 729-1831
Web site: <a href="http://www.gov.nf.ca/just/">www.gov.nf.ca/just/</a>	
Nova Scotia .....	1-800-665-9779
Halifax .....	(902) 455-3135
Web site: <a href="http://www.gov.ns.ca/just/overview.htm">http://www.gov.ns.ca/just/overview.htm</a>	
Northwest Territories .....	1-888-298-7880
Yellowknife .....	(867) 873-7044
Web site: <a href="http://www.gov.nt.ca">http://www.gov.nt.ca</a>	
Nunavut .....	1-888-298-7880
Iqaluit .....	(867) 975-6137
Web site: <a href="http://www.gov.nu.ca">http://www.gov.nu.ca</a>	

Ontario .....	1-800-980-4962
Web site: <a href="http://www.attorneygeneral.jus.gov.on.ca/html/family/childsptguidelines.htm">http://www.attorneygeneral.jus.gov.on.ca/html/family/childsptguidelines.htm</a>	
Prince Edward Island .....	1-800-240-9798
Charlottetown .....	(902) 892-0853
Web site: <a href="http://www.gov.pe.ca/oag/">www.gov.pe.ca/oag/</a>	
Quebec	
Communication Québec .....	1-800-363-1363
Ministère de la Justice du Québec .....	(418) 643-5140
Web site: <a href="http://www.justice.gouv.qc.ca/anglais/publication/public/fixation-a.htm">http://www.justice.gouv.qc.ca/anglais/publication/public/fixation-a.htm</a>	
Saskatchewan .....	1-888-218-2822
Web site: <a href="http://www.saskjustice.gov.sk.ca/branches/Family_Law/Services/child-support.htm">http://www.saskjustice.gov.sk.ca/branches/Family_Law/Services/child-support.htm</a>	
Yukon .....	1-800-661-0408 ext.3066
Whitehorse .....	(867) 667-3066
Web site: <a href="http://www.gov.yk.ca/">http://www.gov.yk.ca/</a>	

### **Non-Government Services**

In addition to provincial and territorial government services and resources, some provincial-level non-governmental organizations provide services and resources for families. A limited sampling of these organizations is listed below, by province and territory. Although this list is *not* comprehensive, it does provide information on a few key organizations that can help you directly or send you in the right direction. Organizations identified by an asterisk (\*) are members of Family Service Canada. In some cases, a few provincial government resources are also included.

#### **BRITISH COLUMBIA**

##### **BC Council for Families\***

204 – 2590 Granville St.  
Vancouver BC V6H 3H1  
Phone: (604) 660-0675 or toll-free within Canada 1-800-663-5638  
Fax: (604) 732-4813  
E-mail: [bccf@istar.ca](mailto:bccf@istar.ca)  
Website: <http://www.bccf.bc.ca>

##### Resources:

- *Parenting Through Separation and Divorce*
- *Parenting After Separation and Divorce: When Children Live Elsewhere*
- *Building Your Stepfamily: A Blueprint for Success*
- *Divorce: Doing it Better in Family Connections*



### **Federation of Child & Family Services of BC\***

414 – 1207 Douglas Street  
Victoria BC V8W 2E7  
Phone: (250) 480-7387  
Fax: (250) 480-7396  
E-mail: fcfs@home.com  
Web site: <http://www.fcfs.bc.ca>

A province-wide network of community agencies providing services to children, youth and families.

### **Mental Health Information Line**

Vancouver (604) 669-7600  
Elsewhere in the province 1-800-661-2121

An automated telephone service that offers messages on a variety of mental health subjects. There is also a personalized service offered Monday to Friday from 9 to 5.

### **ALBERTA**

#### **Calgary Family Services\***

300 – 906, 8<sup>th</sup> Avenue SW  
Calgary AB T2P 1H9  
Phone: (403) 269-9888  
Fax: (403) 205-5281  
Web site: <http://www.calgaryfamilyservices.org>  
For families in the Calgary area.

#### **The Family Centre of Northern Alberta Association\***

20 – 9912, 106<sup>th</sup> Street  
Edmonton AB T5K 1C5  
Phone: (780) 423-2831  
Fax: (780) 426-4918



## **MANITOBA**

### **Child Guidance Clinic of Winnipeg**

700 Elgin Avenue  
Winnipeg MN R3E1B2  
Phone: (204) 786-7841  
Fax: (204) 783-6068  
E-mail: [cgc@wsd1.org](mailto:cgc@wsd1.org)  
Web site: <http://www.wsd1.org/cgc>

School based support services for children and families.

*Family Law in Manitoba*, published by the Attorney General's Office, is a comprehensive 100-page booklet which includes legal information, plus information on alternate dispute resolution, separation and divorce, parentage, child support, family violence and more. Also published in French.

### **The Miriam Centre**

440 Beliveau East Road  
Winnipeg MN R2M 1T5  
Phone: (204) 255-1499  
Fax: (204) 255-1530  
E-mail: [miriam@login.mb.sympatico.ca](mailto:miriam@login.mb.sympatico.ca)

Provides group therapy services (bilingual).

### **The Family Centre of Winnipeg\***

410 – 393 Portage Avenue  
Winnipeg MN R3B 3H6  
Phone: (204) 947-1401  
Fax: (204) 947-2128

Offers counselling services and home support.

### **Teen Touch**

210 – 800 Portage Avenue  
Winnipeg MN R3G 0N4  
Winnipeg help line: 783-1116 or  
toll-free outside Winnipeg 1-800-563-TEEN  
Fax: (204) 945-5565  
E-mail: [teentouch@pangea.ca](mailto:teentouch@pangea.ca)  
Web site: <http://www.teentouch.org>

Teen Touch is a telephone help line for young people in distress. Accessible 24 hours a day, 7 days a week.

## **La Société franco-manitobaine**

212 – 383 Provencher Boulevard  
Saint-Boniface MN R2H 0G9  
Phone: (204) 233-4915 or toll-free 1-800-665-4443  
Fax: (204) 233-1017  
E-mail: 233allo@franco-maintobain.org  
Web site: <http://www.franco-maintobain.org>  
Offers information on services for francophones.

## **SASKATCHEWAN**

### **Family Service Regina\***

2020 Halifax Street  
Regina SK S4P 1T7  
Phone: (306) 757-6675  
Fax: (306) 757-0133  
E-mail: [familyserviceregina@dlcwest.com](mailto:familyserviceregina@dlcwest.com)  
Web site: <http://www.familyserviceregina.com>

### **Family Service Saskatoon\***

102 – 506, 25<sup>th</sup> Street East  
Saskatoon SK S7K 4A7  
Phone: (306) 244-0127  
Fax: (306) 244-1201  
E-mail: [info@familyservice.sk.ca](mailto:info@familyservice.sk.ca)  
Web site: <http://www.familyservice.sk.ca>

## **ONTARIO**

### **Family Service Centre of Ottawa-Carleton\***

312 Parkdale Avenue  
Ottawa ON K1Y 4X5  
Phone: (613) 725-3601  
Fax: (613) 725-5651  
E-mail: [fscoc@familyservice.org](mailto:fscoc@familyservice.org)  
Web site: <http://www.familyservicesottawa.org>

### **Family Service Association of Toronto\***

355 Church Street  
Toronto ON M5B 1Z8  
Phone: (416) 595-9230 ext. 238  
Fax: (416) 595-0242  
Web site: <http://www.fsatoronto.com>

### **Family Service Ontario\***

802 – 1234 Islington Avenue  
Toronto ON M8X 1Y9  
Phone: (416) 231-6003  
Fax: (416) 231-2405  
E-mail: [fso@familyserviceontario.org](mailto:fso@familyserviceontario.org)

### **Centre psycho-social pour enfants et familles**

500 Old St-Patrick Street  
Ottawa ON K1N 9G4  
Phone: (613) 789-2240  
Fax: (613) 789-2236  
E-mail: [clachance@synapse.net](mailto:clachance@synapse.net)  
Website: <http://www.synapse.net/~cps>

Mental health services for francophone children 0-17 years of age and their parents/families.

### **QUÉBEC**

#### **Fédération des associations de familles monoparentales et recomposées du Québec**

8059 Saint-Michel Blvd.  
Montreal QC H1Z 3C9  
Phone: (514) 729-6666  
Fax: (514) 729-6746  
E-mail: [fafmrq@cam.org](mailto:fafmrq@cam.org)  
Web site: <http://www.cam.org/fafmrq>

In Québec, there are many regional organizations that can help families get through a separation or divorce. Many of them are supported by the *Fédération des familles monoparentales du Québec*.

#### **Parents Anonymous**

P.O Box 186  
Place d'Armes  
Montréal QC H2Y 3G7  
Phone: (514) 288-5555  
1-800-361-5085 accessible across Québec.

A help line for parents with family difficulties.

#### **Communication-Québec**

Phone: 1-800-363-1363 toll-free across Québec  
Website: <http://www.comm-qc.gouv.qc.ca> (contains contact numbers for 25 local offices across Québec)

Information service about all provincial government services. Guide entitled *Separation and Divorce* intended for parents seeking advice about separation and divorce and for those who already have an agreement or who have obtained a court order for child support. Free brochures include:

- *Your rights at a glance – Marriage*
- *Free Family Mediation*
- *Your rights at a glance – Separation and divorce*
- *Québec model for the determination of child support payments – Answers to your questions – Guide including calculation table and facsimile of child support determination form*

### **Conseil de la Famille et de l'Enfance**

800 – 900 René-Lévesque Boulevard East  
Place Québec, 8<sup>th</sup> Floor  
Québec QC G1R 6B5  
Phone: (418) 646-7678 or call toll-free 1-877-221-7024  
Fax: (418) 643-9832  
E-mail: conseil.famille.enfance@cfe.gouv.qc.ca  
Website: <http://www.cfe.gouv.qc.ca>

Government service which provides information for families including *The Art of Living Better in a Recombined Family*, a 20-page brochure with ideas on how parents and step-parents can help children feel comfortable in a recombined family. Available in French and English.

### **NEW BRUNSWICK**

In New Brunswick, families can receive services in either of the two official languages. For information on government health services and community services, contact (506) 453-2181.

### **CHIMO – Fredericton Referral Service on Community Resources**

P.O. Box 1033  
Fredericton NB E3B 5C2  
Phone: (506) 450-4357  
Fax: (506) 450-2156  
Toll-free help line: 1-800-667-5005 in Fredericton 450-2937  
E-mail: [chimo1@nb.aibn.com](mailto:chimo1@nb.aibn.com)

*Doing Your Own Divorce in New Brunswick*. Publication on how to obtain divorce for couples separated for at least one year. Available at PLEIS N.-B: (506) 453-5309.

### **Support to Single Parents/Support aux Parents Uniques Inc.**

154 Queen Street  
Moncton NB E1C 1K8  
Phone: (506) 858-1303  
Fax: (506) 855-4116  
E-mail: hartling@nb.sympatico.ca  
Support program for single parents.

### **Family Services Saint-John Inc.\***

255 Metcalf Street  
Saint John NB E2K 1K7  
Phone: (506) 634-8295 or toll-free 1-800-360-3327  
Fax: (506) 652-1477  
E-mail: info@familyservicesj.com  
Web site: <http://www.familyservicesj.com>  
Family therapy, mediation, children's programs.

## **NOVA SCOTIA**

### **Family Services Association of Halifax Regional Municipality\***

(similar agency located in Cape Breton)

509 – 6080 Yonge Street  
Halifax NS B3K 5L2  
Phone: (902) 420-1980  
Outside metro area 1-888-886-5552  
Fax: (902) 423-9830  
E-mail: admin@fshalifax.com

Separating or divorcing parents can contact their local court, either Supreme Court (Family Division) or Family Court depending on your place of residence, to obtain information on services available — including parent education, education programs for children of divorce, child support guidelines, information sessions, court readiness/court preparation information, intake functions, conciliation, mediation, and other court related services.

### **Family and Children's Services — Early Childhood Development Services**

P.O. Box 696  
Halifax NS B3J 2T7  
Phone: (902) 424-5489  
Fax: (902) 424-0708  
Web site: <http://www.gov.ns.ca/coms/>

Government service which can provide information on the 360 licensed child care centres across the province.

## **PRINCE EDWARD ISLAND**

### **Community and Family Service of PEI\***

166 Fitzroy Street  
P.O. Box 592  
Charlottetown PE C1A 7L1  
Phone: (902) 892-2441  
Fax: (902) 368-2715

Supports families by providing professional services.

### **Child, Family and Community Services**

16 Garfield Street  
P.O. Box 2000  
Charlottetown PE C1A 7N8  
Phone: (902) 368-6710  
Fax: (902) 368-6136  
Web site: <http://www.gov.pe.ca/hss/cfacs-info/index.php3>

Government division responsible for programs and services in the areas of child welfare and protection, foster care, adoptions, early childhood development, youth services, financial assistance, employment, family support and services, family violence prevention, mental health, addictions and public housing.

### **Pownal House\***

c/o Catholic Family Service Bureau  
129 Pownal Street  
Charlottetown PE C1A 7L3  
Phone: (902) 894-3515  
Fax: (902) 892-4045  
E-mail: [cfsb@pei.sympatico.ca](mailto:cfsb@pei.sympatico.ca)

Provides professional counselling, educational and advocacy services.

## **NEWFOUNDLAND**

### **Single Parent Association of Newfoundland\***

P.O. Box 21421  
St. John's NF A1A 5G6  
Phone: (709) 738-3401  
Fax: (709) 738-3406  
E-mail: [span@nf.sympatico.ca](mailto:span@nf.sympatico.ca)

Information and connections to community resources.

## YUKON

### **Yukon Family Services Association\***

4071 – 4<sup>th</sup> Avenue  
Whitehorse YK Y1A 1H3  
Phone: (867) 667-2970  
Fax: (867) 633-3557

Provides counselling and parent support services.

## NORTHWEST TERRITORIES

### **Yellowknife Health and Social Services, Family Counselling\***

4702 Franklin Avenue  
P.O. Box 608  
Yellowknife NT X1A 2N5  
Phone: (867) 920-6522  
Help/crisis line: (867) 920-2121 or toll-free 1-800-661-0844  
Fax: (867) 873-9032  
E-mail: yhssb@gov.nt.ca  
Web site: www.yhssb.org

Provides community health, primary health care and social services for residents of Yellowknife, Dettah and NDilo.

## NUNAVUT

Government of Nunavut  
P.O. Box 1000, Station 204  
Iqaluit, NU X0A 0H0  
Phone: (867) 975-6000  
Fax: (867) 975-6099  
Website: <http://www.gov.nu.ca>

For information on the government of Nunavut. For Public Legal Education and Information phone (867) 360-4603.

### **Government of Canada and National Voluntary Organizations: They're Closer Than You Think**

Although federal government departments may seem distant, they provide resources and information available to all Canadians. As with provincial and territorial government offices and services, refer to the Blue Pages of the phone book or the Internet.

#### ***Government of Canada***

- For phone numbers of federal departments or services, refer to the government Blue Pages under "Government of Canada."

The primary Internet site for the Government of Canada is <http://canada.gc.ca/> or you can contact federal departments that have Internet facilities at [http://canada.gc.ca/depts/major/depind\\_e.html](http://canada.gc.ca/depts/major/depind_e.html). Another website for all Canadian government home pages and federal government sites is <http://members.home.net/gilseg/index.htm>.

### ***Health Canada***

The Health Canada publication *Guide to Federal Programs and Services for Children and Youth* provides information on existing federal programs and services for parents, families, professionals and organizations that work with children. Copies may be obtained by contacting:

Childhood and Youth Division  
Information/Public Education Section  
Health Promotion and Programs Branch  
Health Canada  
Jeanne Mance Building  
Address Locator: 1909C2  
Tunney's Pasture  
Ottawa ON K1A 1B4  
Tel.: (613) 952-1220  
Fax: (613) 952-1556  
<http://www.hc-sc.gc.ca/childhood-youth>

### ***Health Canada's Mental Health Promotion Unit Website***

**<http://www.mentalhealthpromotion.com>**

The Mental Health Promotion Unit website of Health Canada highlights programs and resources related to the topic of mental health promotion. Mental health promotion is built on the foundation of fostering personal resilience through empowering all individuals to strengthen their coping skills, self-esteem and ability to effectively utilize the resources offered by a supportive community.

This website includes a section called *Because Life Goes On...* that contains information and resources which complement and expand on the information included in this booklet.

### **Department of Justice Canada**

The Federal Child Support Guidelines set the basic amount of child support that a paying parent should pay. This amount depends on where the parents live, the number of children, and the paying parent's income. One purpose of the Guidelines is to reduce conflict and the need for lengthy



negotiations regarding the amount of child support. In this way, parents can determine, with more certainty, the amount of child support a court would order.

For more information about the Federal Child Support Guidelines, or to order free child support publications, please call the Department of Justice Canada, toll free, at 1-888-373-2222. Publications include a pamphlet entitled *Child Support Guidelines: Kids Come First*; a 28-page booklet entitled *Federal Child Support Guidelines: A Guide to the New Approach*; a *Workbook for Parents*; and the simplified child support tables for the particular province or territory. Or, you may order these publications by writing to: Publications, Child Support Team, Department of Justice Canada, 284 Wellington Street, Ottawa ON K1A 0H8.

Please make sure you specify where each parent lives, and how many children from this relationship are involved, so that the federal government can send you the relevant tables. Many of the publications are also on the Department of Justice Canada's Internet site under Child Support at <http://canada.justice.gc.ca>.

Quebec residents can obtain a publication from the *Ministère de la Justice du Québec* (Department of Justice) on the Quebec model for the determination of child support payments, at <http://www.justice.gouv.qc.ca/anglais/index-a.htm>. Another brochure entitled *Médiation, fixation, défiscalisation (des pensions alimentaires) : comprendre les changements*, is available for a small fee from the *Ministère du Revenu du Québec*. Call 1-800-267-6299.

### **Other National Resources**

The **Canadian Resource Centre on Children and Youth** is a national centre that collects and shares information about children, youth and their families in Canada. The Canadian Resource Centre is a program of the Child Welfare League of Canada. You can visit their website at <http://www.cwlc.ca>, e-mail: [crccy@cwlc.ca](mailto:crccy@cwlc.ca) or call (613) 235-4412 ext. 24.

The **Canadian Council on Social Development** is a national, non-profit organization that focuses on the research and analysis of social and economic trends and their effects on the lives of Canadians. Their publications catalogue lists resources on relationships, marriages, parenting, family violence and self-help groups, among others. You can contact them at:

Canadian Council on Social Development  
309 Cooper Street, 5<sup>th</sup> Floor  
Ottawa ON K2P 0G5  
Phone: (613) 236-8977  
Fax: (613) 236-2750  
E-mail: [council@ccsd.ca](mailto:council@ccsd.ca)  
Website: <http://www.ccsd.ca>

## **Family Mediation**

For specific information pertaining to family mediation in your province or territory, please contact:

Mediation Development Association of <i>British Columbia</i>	108 – 1218 Wharf Street Victoria BC V8W 1T8	Phone/Fax: (250) 383-9536 or toll-free 1-800-663-7053
<i>Alberta</i> Family Mediation Society	P.O. Box 405 918 – 16th Avenue, NW Calgary AB T2M 0K3	Phone: (403) 233-0143 Toll-free in Alberta 1-877-233-0143 Fax: (403) 262-2633
Mediation <i>Saskatchewan</i>	P.O. Box 3765 Regina SK S4P 3N8	Phone: (306) 565-3939 Fax: (306) 586-6711
Family Mediation <i>Manitoba</i>	P.O. Box 2369 Winnipeg MB R3C 4A6 Web site: <a href="http://www.fmm.winnipeg.mb.ca">http://www.fmm.winnipeg.mb.ca</a>	Phone: (204) 989-5330 Fax: (204) 694-7555 E-mail: <a href="mailto:info@fmm.winnipeg.mb.ca">info@fmm.winnipeg.mb.ca</a>
<i>Ontario</i> Association for Family Mediation	P.O. Box 752, Station B Sudbury ON P3E 4S1 E-mail: <a href="mailto:oafm@isys.ca">oafm@isys.ca</a> Website: <a href="http://www.oafm.on.ca">http://www.oafm.on.ca</a>	Phone: 1-800-989-3025 or (705) 523-2484 Fax: (705) 670-0905
Association de Médiation Familiale du <i>Québec</i>	6896 Somerled Avenue Montreal QC H4V 1V1	Phone: 1-800-667-7559 or (514) 866-6769 Fax: (514) 487-6360
Family Mediation <i>New Brunswick</i> Inc.	P.O. Box/C.P. 5001 Saint John NB E2L 4Y9	Phone: (506) 658-2400 Fax: (506) 658-3762
Family Mediation <i>Nova Scotia</i>	P.O. Box 3154 South Halifax NS B3J 3H5	Phone c/o president (902) 423-7211
Mediation <i>PEI</i>	P.O. Box 211 Charlottetown PE C1A 1S1	Phone: (902) 892-2441 Fax: (902) 368-2715
Family Mediation <i>Newfoundland &amp; Labrador</i>	c/o Unified Family Court 21 Kings Bridge Road St. John's NF A1C 3K4	Phone: (709) 729-2258 Fax: (709) 729-0784
Family Mediation Association of the <i>Northwest Territories</i>	P.O. Box 1806 Yellowknife NT X1A 2P4	Phone: (867) 873-4283
Mediation <i>Yukon</i> Society	P.O. Box 31102 211 Main Street Whitehorse YK Y1A 5P7	Phone: (867) 667-7910 Fax: (867) 667-7910

## **Self-Help Clearinghouses**

Some branches of the Canadian Mental Health Association also have self-help clearinghouses. (See [http://www.cmha.ca/english/info\\_centre/publications/mh\\_pamphlet\\_index.htm](http://www.cmha.ca/english/info_centre/publications/mh_pamphlet_index.htm) for on-line pamphlets on *Separation and Divorce*, *Children and Family Break-up*, *Children and Self-esteem* and *Children and the Stress of Parenting*). The following is a list of some self-help centres across Canada:

### **BRITISH COLUMBIA**

#### **Self-Help Resource Association of B.C.**

306 – 1212 West Broadway  
Vancouver BC V6H 3V1  
Phone: (604) 733-6186  
Fax: (604) 730-1015  
E-mail: [shra@vcn.bc.ca](mailto:shra@vcn.bc.ca)  
Web site: <http://www.vcn.bc.ca/shra>

### **ALBERTA**

#### **The Support Network Edmonton's Distress & Information Centre**

301 – 11456 Jasper Avenue NW  
Edmonton AB T5K 0M1  
Phone: (780) 482-4636 (community services referral line)  
Fax: (780) 488-1495  
E-mail: [csrl@thesupportnetwork.com](mailto:csrl@thesupportnetwork.com)  
Web site: <http://www.thesupportnetwork.com>

### **MANITOBA**

#### **Manitoba Self-Help Clearinghouse Inc.**

204 – 825 Sherbrooke Street  
Winnipeg MB R3A 1M5  
Phone: (204) 975-3037  
Fax: (204) 975-3027

#### **The Métis Resource Centre**

506 – 63 Albert Street  
Winnipeg MB R3B 1G4  
Phone: (204) 956-7767  
Fax: (204) 956-7765  
E-mail: [metisrc@mb.sympatico.ca](mailto:metisrc@mb.sympatico.ca)  
Web site: <http://www.metisresourcecentre.mb.ca>

## **SASKATCHEWAN**

### **Saskatchewan Self-Help Network**

315 – 28<sup>th</sup> Street West  
Saskatoon SK S7L 0K6  
Phone: (306) 373-8908  
Fax: (306) 665-3047

## **ONTARIO**

### **Self-Help Resource Centre of Greater Toronto**

219 – 40 Orchard View Blvd.  
Toronto ON M4R 1B9  
Phone: (416) 487-4355 or toll-free outside Toronto 1-888-283-8806  
Fax: (416) 487-0344  
E-mail: [shrc@selfhelp.on.ca](mailto:shrc@selfhelp.on.ca)  
Website: <http://www.selfhelp.on.ca>

## **QUÉBEC**

### **Centre de Référence du Grand Montréal (Bilingual Centre)**

410 – 801 Sherbrooke Street East  
Montreal QC H2L 1K7  
Phone: (514) 527-1375  
Fax: (514) 527-9712  
E-mail: [crgm@info-reference.qc.ca](mailto:crgm@info-reference.qc.ca)  
Web site: <http://www.info-reference.qc.ca/>

### **West Island Community Resource Centre (Bilingual Centre)**

114 Donegani  
Pointe Claire QC H9R 2W3  
Phone: (514) 694-6404  
Fax: (514) 630-1225

### **Centre d'Action Bénévole du Québec**

250 – 615 Pierre Bertrand Blvd. South  
Vanier QC G1M 3J3  
Phone: (418) 681-3501  
Fax: (418) 681-6481

## **NEW BRUNSWICK**

### **Self-Help Community Service**

Box 6125, Station "A"  
Saint John NB E2L 4R6  
Info line: (506) 633-4636 (group information)  
Phone: (506) 634-1673  
Fax: (506) 636-8543  
E-mail: [hdc@nbnet.nb.ca](mailto:hdc@nbnet.nb.ca)

### **Community Health Promotion Network Atlantic**

96 Little Dover Road  
Memramcook, NB E4K 2M8  
Phone: (506) 758-0987  
E-mail: [chpna@echo-chn.net](mailto:chpna@echo-chn.net)  
Web site: <http://www.chebucto.ns.ca/CommunitySupport/CHPNA/>

## **NOVA SCOTIA**

### **Self-Help Connection**

63 King Street  
Dartmouth NS B2Y 2R7  
Phone: (902) 466-2011  
Fax: (902) 466-3300  
E-mail: [self-help@chebucto.ns.ca](mailto:self-help@chebucto.ns.ca)  
Web site: <http://www.selfhelpconnection.ns.ca>

## **PRINCE EDWARD ISLAND**

### **Prince Edward Island Self-Help Clearinghouse**

C/o Canadian Mental Health Association PEI Division  
P.O. Box 785  
178 Fitzroy Street  
Charlottetown PE C1A 7L9  
Phone: (902) 566-3034 or toll-free 1-800-628-1648  
Fax: (902) 566-4643  
E-mail: [cmhpei@bigfoot.com](mailto:cmhpei@bigfoot.com)  
Website: <http://www.cmha.pe.ca/>

## NEWFOUNDLAND AND LABRADOR

### **Consumer Health Awareness Network Newfoundland and Labrador (CHANNAL)**

C/o Canadian Mental Health Association of Newfoundland and Labrador Division  
354 Water Street, 3<sup>rd</sup> Floor  
P.O. Box 5788  
St John's, NF A1C 5X3  
Phone: (709) 753-8550  
Fax: (709) 753-8537  
E-mail: [cmha@nfld.com](mailto:cmha@nfld.com)  
Web site: <http://www.nflab.cmha.ca>

### **Marital Reconciliation**

The Canadian Council on Social Development has a series of resources on marriage and relationship issues. A list of publications is available on their website: <http://www.ccsd.ca/> or call (613) 236-8977.

### **Other National and International Resources**

#### **Special Joint Committee on Child Custody and Access**

The Special Joint Committee on Child Custody and Access, co-chaired by Senator Landon Pearson and Roger Gallaway, MP, was established in Ottawa to examine issues related to custody and access arrangements after separation and divorce with a special emphasis on the “needs and best interests” of children. Over the 12 months of the study, the Committee held 55 meetings and heard from more than 500 witnesses.

The Committee's Final Report, *For the Sake of the Children*, can be downloaded from Senator Pearson's website: <http://sen.parl.gc.ca/lpearson/> or copies can be obtained from the Committees Directorate, The Senate of Canada, Ottawa, ON K1A 0A4 or call the Senate at 1-800-267-7362.

#### **United Nations Convention on the Rights of the Child**

The United Nations Convention on the Rights of the Child is an international legal agreement that provides us with a set of standards that confirm the respect our society gives to its youngest members. The Convention's 54 articles outline a child's social, economic, cultural, political and civil rights. Underlying all articles of the Convention is the guiding principle that the best interests of the child should be the primary consideration to ensure that the child grows up in the spirit of peace, dignity, tolerance, freedom, equality and solidarity. The Convention strongly supports the family as the best environment for raising children. You can download the complete text of the Convention from Heritage Canada's website: <http://www.pch.gc.ca/ddp-hrd> or you can contact:

Human Rights Program  
Citizen's Participation Directorate  
15 Eddy Street, 7<sup>th</sup> Floor, 15-7-B  
Hull QC K1A 0M5  
Phone: (819) 997-0055

User-friendly material, which explains the Convention in simple language, is also available from UNICEF Canada (443 Mount Pleasant Road, Toronto, ON M4S 2L8, phone (416) 482-4444, e-mail: [secretary@unicef.ca](mailto:secretary@unicef.ca), website: <http://www.unicef.ca>). A brochure entitled *The Convention on the Rights of the Child: Questions Parents Ask* is available free of charge. The Canadian Coalition for the Rights of Children also produced a youth-friendly version of the Convention entitled *Say It Right*. Free copies can be obtained from: Canadian Coalition for the Rights of Children, 384 Bank Street, Suite 300, Ottawa ON K2P 1Y4 or you can phone (613) 230-8838, fax: (613) 230-6654 or e-mail: [info@rightsofchildren.ca](mailto:info@rightsofchildren.ca). You can visit their web site at: <http://www.rightsofchildren.ca>.

## What Do I Do When...?

### ... I Need to Find Quality Child Care in My Community

- Ask friends, family members and neighbours if they can recommend a child care program in your area.
- Look in the government Blue Pages for provincial and municipal “child care information and referral agencies” or “child care benefits.”
- Some larger cities have community-wide information and referral agencies. Contact the United Way or other community organizations. Ask them whether this service exists in your area.
- The Canadian Child Care Federation is a national non-profit, service-based organization committed to improving the quality of child care services in Canada. If you need information on child care or would like a referral, you can contact them at:

Canadian Child Care Federation  
383 Parkdale Avenue, Suite 201  
Ottawa ON K1Y 4R4  
Tel.: (613) 729-5289 or toll-free at 1-800-858-1412  
Fax: (613) 729-3159  
Email: [cccf@sympatico.ca](mailto:cccf@sympatico.ca)  
<http://www.cfc-efc.ca/cccf> (“Child and Family Canada” website)

The Child and Family Canada website contains a series of resource sheets on child care issues that you can obtain on-line, such as:

- *What is Quality Child Care?*
- *How do You Find Quality Care?*

- *Being an Effective Child Care Parent*
- *The Child Care Partnership: Managing and Monitoring Your Child Care*
- *Quality Child Care: A Parent's Role*

The complete list of resource sheets is available on the website.

### **... I Have Financial Needs**

If you do not have an income (for example, you've left your partner), you can apply for social assistance. Your needs will be determined based on documentation you will be asked to supply. The assistance may pay for food, fuel, medical insurance, education allowance, daycare and clothing. In an emergency, social assistance can give you money immediately, and you don't need to wait to apply until you're completely out of money.

A child and family service organization will be able to give you information on where and how to get financial assistance. Or refer to the government Blue Pages under provincial and municipal government for "Social Assistance."

The website "Canadian Social Research Links" (<http://members.home.net/gilseg/index.htm>) has a list of all provincial and territorial government departments responsible for social assistance.

### **... I Want to Learn More About Family Mediation Services**

Lawyers are now required by law to tell you about various ways a separating couple can negotiate to reach an agreement. Family mediation has become recognized as a way to solve family problems outside the court system. Before obtaining the services of a mediator, find out about her or his training and experience in mediating your type of case, fees charged, references, and whether the mediator has been certified by Family Mediation Canada. Some lawyers offer mediation on parenting and financial issues on a fee-for-service basis; they may be listed in the Yellow Pages.

The family mediation process varies between provinces and territories. For example:

- In Quebec since 1997, separating couples with dependent children may receive services of a mediator free of charge. Separating couples with dependent children may not be heard by the court without first attending a session about the mediation process (unless exempted by a mediator).
- In Manitoba, mediation on parenting issues is available at no cost through trained mediators at Family Conciliation, a provincial government service (1-800-282-8069 ext. 7236). Parents are required to attend a free supportive information seminar, "For the Sake of the Children." Once parents complete the program and agree to proceed with mediation, Family Conciliation will assign a mediator, at no cost.

**Family Mediation Canada (FMC)** is a non-profit association providing information and a referral service, and offers support and training for its membership of 1000 mediators across Canada. FMC also offers information resources such as:

- *Family Mediation: Consumer's Guide*
- *Facing Divorce: Look Into Mediation*



- *Making Mediation Referrals for Separating or Divorcing Couples*
- *Positive Parenting*

FMC has a comprehensive video-lending library appropriate for private study. It has also published a *Canadian Inventory of Parent Education Programs During Separation and Divorce*, which describes over 130 programs. An order form is available on FMC's website.

For more information on family mediation, a listing of family mediators in your community, and to order materials, contact:

Family Mediation Canada  
 528 Victoria Street North  
 Kitchener ON N2H 5G1  
 Tel.: (519) 585-3118  
 Fax: (519) 585-3121  
 Email: [fmc@fmc.ca](mailto:fmc@fmc.ca)  
<http://www.fmc.ca>

For specific information pertaining to family mediation and who to contact in your province or territory, refer to Health Canada's Mental Health Promotion Unit website (see box on page 16).

### **... I Need Legal Information and Services**

Most of the provinces and territories have the following organizations or services to help you with the legal aspects of separation and divorce. To find their addresses and phone numbers, refer to the Yellow Pages under "lawyers" or "legal services," or in the provincial and territorial government Blue Pages look under the headings "Justice" or "Attorney General."

**Arbitration** is another way, like mediation, of dealing with a dispute out of court. An arbitrator is an independent person, often a lawyer jointly chosen by the parties involved who, can hear and decide their dispute. The arbitration process is similar to a court hearing but simpler and less formal.

**Public Legal Education and Information Organizations (PLEIs)**, which operate in each province and territory throughout Canada, provide free legal information. These organizations also distribute free pamphlets for the general public on family law, separation and divorce, and other legal topics.

**Access to Justice Network** (<http://www.acjnet.org/>) is an electronic community that brings together people, information and educational resources on Canadian justice and legal issues. It includes law and justice resource materials, as well as directories on Canadian public legal education organizations, Canadian law firms, lawyers, judges and government departments. ACJNet is the only nationwide service dedicated to making law and justice resources available to all Canadians in both official languages.

**Legal Aid Services** — Each province and territory has Legal Aid Services, available to those who meet their financial eligibility requirements. If you cannot afford a lawyer, you may qualify for these services.

**Lawyer Referral Services** — In many provinces you can call the “lawyer referral service” toll-free, for the names of three lawyers in your area who might best help you with your case. Some province referral services charge a nominal fee of approximately \$25.00 for the initial consultation service, while others are free of charge. Lawyers are also listed in the Yellow Pages and some indicate that they specialize in family law.

**Legal Information Phone Service** is a free program in some provinces that offers general legal information on a wide variety of topics. Using a touch-tone phone, callers can listen to brief tape-recorded messages in everyday language.

The **Provincial/Territorial Bar Association or Law Society** may provide services such as lawyer referrals and free legal information over the telephone. They can also put you in touch with the Public Legal Education and Information office and Legal Aid Office in your province or territory.

**Community Legal Clinics** — Some areas may have local community legal clinics. A clinic can advise you about your rights or refer you to other sources of help.

### ... My Family Is Experiencing Violence

Ask for assistance. Friends, family members or your family doctor may be able to offer support and direct you to appropriate resources. Or refer to the inside cover or first few pages of the telephone book for numbers to call:

- “9-1-1” for emergency situations (in places where this service exists)
- Police, fire department or ambulance service
- The local child welfare agency (for concerns regarding child abuse)
- Distress centres (emergency help lines in your community)
- Rape Crisis Centre (sexual assault)
- Sexual assault victims
- Sexual assault treatment program
- Assault victims
- Shelter for abused women
- Kids Help Phone (1-800-668-6868) free anywhere in Canada.

The Yellow Pages of the phone book also lists community organizations that can help. Look under a heading such as “child welfare agency,” “social service agency,” “mental health centre,” “legal clinic” and other community service organizations that provide counselling and support to children and families.

The government Blue Pages list city and provincial services and agencies. Because the names for these services differ from place to place, look for headings such as “child and family services,” “children’s services,” “child abuse prevention,” “family violence” or “community and social services.”

For information about violence within the family and new resources being used to address it, you can contact The National Clearinghouse on Family Violence (NCFV). The NCFV is a national resource centre for all Canadians seeking information about and solutions to violence within the family. All clearinghouse services and publications are provided free of charge throughout Canada in both official languages.

In addition to the resources provided by the NCFV, the Clearinghouse recommends two additional resources for parents:

- *Fresh Start/Nouveau Départ* available through the YMCA of Canada. This booklet can be ordered by calling (416) 962-8881.
- *Leaving an Abusive Relationship: Help for You and Your Children* available through the BC Council for the Family. This pamphlet can be ordered by calling 1-800-663-5638.

For further information on family violence, contact:

National Clearinghouse on Family Violence

Family Violence Prevention Unit

Health Canada

Jeanne Mance Building, 7<sup>th</sup> floor

Address Locator: 1907D1

Tunney's Pasture

Ottawa ON K1A 1B4

1-800-561-5643 or (613) 952-6396

Fax: (613) 941-8930

FaxLink: (613) 941-7285

Toll-free FaxLink: 1-888-267-1233

<http://www.hc-sc.gc.ca/nc-cn>

### *Did you know that...?*

VIOLET: Law and Abused Women (<http://violetnet.org/>) is an Internet site where you can find legal information that you may need if you are experiencing violence in an intimate relationship. This website has information on custody and divorce, and provides useful linkages to other relevant websites. There is also information on where to find a safe place or where to find assistance.

### **... I Would Like to Find Out About Support (Self-Help) Groups in My Community**

Self-help groups are non-profit organizations that provide support and information for individuals living with a variety of physical and mental health problems and stressful life situations. Many self-help groups operate in communities across Canada. For example, there may be support groups for separated and divorced parents, single parents, or parents dealing with substance abuse or physical abuse. Some of these support groups may be listed in the telephone book, but many are not.

Self-help clearinghouses exist across Canada. Their purpose is to provide information about the variety of self-help groups that meet in their city or province, and how to locate them. Some of

them publish a directory. The Self-Help Resource Centre of Greater Toronto has a website (<http://www.selfhelp.on.ca>) with useful information on self-help centres, links and resources. The Canadian Council on Social Development also has a publication available entitled *The Self-Help Way* that examines numerous facets of self-help/mutual aid. You can order this book and others on self-help by contacting CCSD at (613) 236-8977 or email them at: [council@ccsd.ca](mailto:council@ccsd.ca).

Refer to Health Canada's Mental Health Promotion Unit website (see box on page 16) for a list of some self-help clearinghouses located across Canada.

### **... We're Considering Marital Reconciliation**

If couples are interested in pursuing marital reconciliation, they can seek guidance from self-help groups, trained therapists, mediators or health professionals. There are many websites on the Internet that contain resources, seminars and other services for couples in distress who wish to improve their marriage.

The Canadian Council on Social Development has a series of resources on marriage and relationship issues. A list of publications is available on their website: <http://www.ccsd.ca/> or call (613) 236-8977.

## **Books and Videos for Parents, Children and Youth**

This section lists a sampling of available reading, audio-visual and Internet material for families going through separation and divorce. Mental health professionals, social workers, mediators and other professionals may be useful in helping you choose the resources that best suit your needs. Specialized book stores may also be able to help. Ask them which resources they would recommend.

### **Books for Parents**

#### ***Parenting after Separation and Divorce***

BIENENFELD, FLORENCE. 1995 (reprint). *Helping Your Child Through Your Divorce*. Alameda, Calif.: Hunter House, Inc.

COLOROSO, BARBARA. 1995. *Kids Are Worth It! Giving Your Child the Gift of Inner Discipline*. Toronto: Somerville House Publishing.

KALTER, NEIL. 1991 (Ballanti edition). *Growing Up with Divorce: Helping Your Child Avoid Immediate and Later Emotional Problems*. New York: The Free Press.

NEUMAN, GARY M. and ROMANOWSKI, PATRICIA. 1999. *Helping Your Kids Cope with Divorce: The Sandcastles Way*. New York: Random House.

SCHNEIDER, MEG and ZUKERBERG, JOAN. 1996. *Difficult Questions Kids Ask, and are too Afraid to Ask, About Divorce*. New York: Fireside.

WALLERSTEIN, JUDITH and KELLY, JOAN. 1996 (reprint). *Surviving the Breakup: How Children and Parents Cope With Divorce*. New York: Basic Books Inc.

WOLF, ANTHONY. 1998. "Why Did You Get a Divorce and WHEN Can I Get a Hamster": *A Guide to Parenting through Divorce*. New York: Noonday Press.

### ***Conflict Resolution***

FISHER, ROGER and URY, WILLIAM. 1991 (2nd edition). *Getting to Yes: Negotiating Agreement Without Giving In*. New York: Penguin Books.

GOLD, LOIS. 1996 (reprint). *Between Love and Hate: A Guide to Civilized Divorce*. New York: Plenum Press.

### ***Co-Parenting***

BERNSTEIN, ROBERT and WORTH, RICHARD. 1996. *Divorced Dad's Handbook, 100 Questions and Answers*. Tempe, Ariz.: Blue Bird Publications.

BLAU, MELINDA. 1995. *Families Apart: Ten Keys to Successful Co-Parenting*. New York: Perigree.

RICCI, ISOLINA. 1997 (revised edition). *Mom's House, Dad's House: A Complete Guide for Parents who are Separated, Divorced or Remarried*. New York: Fireside.

THOMAS, SHIRLEY. 1995. *Parents are Forever, A Step-by-Step Guide to Becoming Successful Coparents after Divorce*. Longmont, Colo.: Springboard Publications.

TILLEY, DWIGHT. 1994. *Questions from Dad: A Very Cool Way to Communicate with Kids*. Boston: Charles Tuttle Company, Inc.

### ***Step-Parenting***

GREENE MULFORD, PHILIPPA. 1996. *Keys to Successful Step-Mothering*. Hauppauge, N.Y.: Barron's Educational Series, Inc.

KELLEY, PATRICIA. 1995. *Developing Healthy Stepfamilies, Twenty Families Tell Their Stories*. New York: The Harrington Park Press.

MARSHALL, PETER. 1993. *Cinderella Revisited, How to Survive a Step Family Without a Fairy Godmother*. Vancouver: Whitecap Books.

WALLERSTEIN, JUDITH and BLAKESLEE, SANDRA. 1996 (revised edition). *Second Chances: Men, Women, and Children a Decade After Divorce*. New York: Ticknor & Fields.

## **Books for Children and Youth**

### ***Preschoolers and Elementary***

BROWN, LAURENCE and BROWN, MARC. 1988 (reprint). *Dinosaur's Divorce: A Guide for Changing Families*. New York: Little Brown. (Ages 4–8).

CASELEY, JUDITH. 1995. *Priscilla Twice*. New York: Greenwillow Books. (Ages 4–8).

FIELD, MARY. 1994. *My Life Turned Upside Down, but I Turned It Rightside Up*. King of Prussia, Pa.: Center for Applied Psychology. (Ages 7–11).

GROLLMAN, EARL A. 1989. *Talking About Divorce and Separation: A Dialogue Between Parent and Child*. New York: Beacon Press. (Ages 6–8).

JENNESS, AYLETTE. 1990. *Families: A Celebration of Diversity, Commitment, and Love*. Boston: Houghton Mifflin Company. (Ages 7+)

STERN, ZOE and STERN, EVAN. 1998. *Divorce is Not the End of the World: Zoe's and Evan's Coping Guide for Kids*. Berkeley, Calif.: Ten Speed Press.

### ***Teenagers***

HIPP, EARL. 1995. *Help for the Hard Times: Getting Through the Loss*. Center City, Minn.: Hazelden.

KIMBALL, GAYLE. 1994. *How to Survive Your Parents' Divorce: Kids' Advice to Kids*. Chico, Calif.: Equality Press.

### **Videos for Parents, Children and Youth**

A good place to start looking for videos is your public library. Your public library has a catalogue of English and French videos produced by the National Film Board of Canada (NFB).

The NFB is a public agency that produces and distributes films and other audio-visual works that reflect Canada to Canadians and the rest of the world. They have several broad subjects and genre categories, including sub-categories that look at divorce and separation, family violence, problems in the family, violence against women, single mothers, child rearing and development. Visit their website at <http://www.nfb.ca/>. In particular, we suggest:

“One Divided by Two: Kids and Divorce” is a 24-minute video produced by the NFB (1998) which focuses on 13 young people (ages 8–18) whose parents have divorced. The animated video describes the heightened feelings, dreams, hopes and memories triggered by divorcing parents, and uncovers the lyricism and humour of painful events. For ages 10 and up. You can call the NFB at 1-800-267-7710 to order the video (\$39.95, order number: C9197).

The National Clearinghouse on Family Violence (NCFV) has an up-to-date catalogue, *Preventing Family Violence*, of Canadian videos on family violence for the general public and for professionals working in the field. The videos have been carefully reviewed by the professional staff at the NCFV to ensure that they are sensitive, useful, modern and relevant. Contact them at 1-800-267-1291. Their website is <http://www.hc-sc.ca/nc-cn>.

The Ministry of the Attorney General of Ontario has recently produced a video entitled “Separate Ways.” (1998). It offers insights from those who have gone through separation and divorce and from professionals who have assisted them. It also discusses dealing with emotions, the impact on children, and mediation. This video is available through local family courts and libraries in Ontario. (Available in English, French, Mandarin, Cantonese, Portuguese, Vietnamese, Polish, Somali, Spanish, Sign Language, open captioning French, open captioning English).

“Kids Talk About Divorce” is a video intended for therapeutic/educational use. Children aged 6–14 describe their struggles and successes in coping with divorce. Created by Families in Transition (Family Service Association of Toronto), the video and companion guide are available for \$100. Contact Families in Transition at: 2 Carlton Street, Suite 917, Toronto, Ontario M5B 1J5, or fax 416-586-0031, email [fit@fsatoronto.com](mailto:fit@fsatoronto.com)

### **The Internet for Parents, Children and Youth**

Many useful websites have already been listed in *Because Life Goes On* but there are many other Internet sites which separating or divorcing parents and their children may find useful. The sites listed are but a starting point, directing you towards reliable government and non-government sites that contain a wealth of information and linkages to a multitude of interesting possibilities!

#### **Government sites**

Here's one more, just in case: <http://www.hc-sc.ca/hppb/childhood-youth/> *Health Canada's* website for children and youth.

#### **Other sites**

- *Canadian Institute of Child Health* is devoted to the promotion of child health and well-being of children and youth: <http://www.cich.ca>
- *Canadian Association for Young Children* is specifically concerned with the well-being of young children, from birth through age nine — at home, in pre-school settings and at school: <http://www.cayc.ca/index2.html>
- *Canada SchoolNet* for parents, teachers and children: <http://www.schoolnet.ca/>
- *Canadian Kids*, links to hundreds of pages, categorised for different age groups: <http://www.canadiankids.net>
- *Law and Abused Immigrant Women*. Legal information for immigrant women experiencing violence: <http://www.rosenet-ca.org/>
- A place for parents and professionals to support children who have experienced loss through divorce, separation or the death of a loved one: <http://www.intergate.bc.ca/business/theark>
- Site where parents can consult specialists by electronic mail on a variety of subjects: <http://www.canadianparents.com>
- *Today's Parent* magazine online for helpful parenting tips: <http://www.todayparent.com>
- From pregnancy to parenting: <http://www.parentsplace.com/>
- *Mom's Online*, information and support for mothers: <http://www.momsonline.com>

## Safety Tips for Surfing the Net

Surfing can be fun, but it isn't always a safe place. Parents should make surfing a family activity, especially with young children. Set some safety "ground rules" such as:

- Don't give out any personal information about yourself or any family member (includes names, addresses, phone numbers, e-mail addresses, passwords or credit card numbers). Never tell anyone on-line what school you go to or what teams you play on.
- If you run into something that makes you feel uncomfortable, tell your parents, teacher or trusted adult.
- Never agree to meet in person with anyone you have met on-line.
- Don't answer mean messages or those asking for personal information.
- Never send a photo, and never tell anyone your real name.
- Always tell your parents or a trusted adult if any of the above happens to you.

It is important for parents to be knowledgeable about the Internet because even if you don't have a computer at home, your child can access one at school, at a friend's house, or at your public library.

*Adapted from the BC Ministry of Education [http://www.bced.gov.bc.ca/resourcedocs/internet\\_safe/](http://www.bced.gov.bc.ca/resourcedocs/internet_safe/). See also their links to other sites on Internet safety.*