

## Divorce Education for Children



A program of the Utah State Courts led by the Divorce Education for Children Subcommittee.

[www.utcourts.gov](http://www.utcourts.gov)

### Why?

Children, as well as adults need information about the divorce process. The class helps identify feelings common to children in divorce situations, while teaching communication skills to empower children to express their feelings. The class covers the divorce process and explains that it is not the children's fault.

### What?

A two hour class taught by experienced mental health professionals who address the most common issues of children whose parents are divorcing and discuss various coping alternatives.

### When?

Classes are held twice a month on Monday from 6 to 8 p.m. and Saturday from 10 a.m. to noon. For a current class schedule, go to [www.utcourts.gov/specproj/dived.htm](http://www.utcourts.gov/specproj/dived.htm) or call Alyssa White at (801) 578-3897.

### Where?

Scott M. Matheson Courthouse, 450 South State Street, Salt Lake City.

### Cost?

There is no cost to attend. The classes are free of charge.

Here are some of the responses from children who have attended the class and parents whose children have attended the class:

*"I learned that my parents decide why they want a divorce and I don't need to get caught up in it."*

*"I learned the divorce is not my fault."*

*"My child is more confident in talking about her anger and more able to express her hurt."*



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## **Divorce Education for Children**

When adults go through a divorce, there are programs available to assist them in making the transition, including a mandatory class offered through the Utah State Courts. But what about the children of divorcing parents? A gap exists between programs that are available for adults and classes available for children of divorcing parents. To fill this need, the Utah State Courts has developed a new program called Divorce Education for Children.

### **Children's Class**

A Divorce Education for Children class is available for children 9- to 12-years old whose parents are divorced or divorcing. The class is presented twice each month at the Scott M. Matheson Courthouse, 450 South State Street, Salt Lake City.

The program's curriculum provides children with skills they can use, such as how to express their feelings to parents. Mental health professionals teach the class with the assistance from state court judges and commissioners.

The class is not intended as psychotherapy and participation in the children's class is voluntary. The class is offered free of charge.

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"Children often feel responsible for their parents' divorce," said Third District Court Commissioner Michael Evans.

"The course is designed to minimize the adverse effects divorce has on children by teaching them coping skills."

*In 2006, 12,869 divorce cases were filed in Utah; 10,854 children were involved in those cases.*

Divorce Education for Children--a subcommittee of the Standing Committee on Judicial Outreach--has developed this program.

To register for an upcoming class, return the attached form to Alyssa White or call (801) 578-3897 with questions.

A confirmation will be sent to you prior to the class. Thank you for signing up your child(ren) for the Divorce Education for Children class. We hope this will help with a smooth transition for your child(ren) during your divorce.

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## **Registration**

**Here's How to Register.**

**Please fill out the information listed below:**

**Residential Parent Name:**

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**Children's Names and Ages:**

\_\_\_\_\_

**Address:**\_\_\_\_\_

\_\_\_\_\_

**Phone:**

\_\_\_\_\_

**E-mail:**\_\_\_\_\_

\_\_\_\_\_

**Class Date to Attend:**\_\_\_\_\_

**Send your completed form to:**

**Alyssa White**

**Divorce Education for Children  
Utah State Courts**

**P.O. Box 140241**

**Salt Lake City, UT 84114-0241**

**or**

**Fax to (801) 578-3843**

**or**

**E-mail [alyssaw@email.utcourts.gov](mailto:alyssaw@email.utcourts.gov)**

**or**

**Phone (801) 578-3897**

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