

Things you can do to feel better

Your feelings are important. Talking about your feelings can make you feel better.

- Talk to your parents about how you feel
- Talk to a close friend
- Talk to someone in your family like an aunt, uncle, or grandparent
- Talk to someone at school (your teacher or counsellor)
- Talk to someone who may have gone through a separation or divorce

You can also talk about your feelings by writing in a diary or journal, drawing pictures, crying, or going to a support group for youth going through separation or divorce.

There are other things that you can do to help manage how you are feeling:

- Going for a walk
- Riding your bike
- Swimming
- Skating
- Playing a sport (basketball, baseball, soccer, hockey)
- Spending time with friends
- Reading a book
- Going to the playground
- Playing with your pet

It is important to keep doing the things that you like to do. All of these things are great ways to let your feelings out.

If you do all of these things and still don't feel better - ask for help. Ask for help if these feelings are lasting for a long time or are getting in the way of normal things you do in your life.

Heart of the Matter Program

Some Other Solutions Heart of the Matter Program is a 6-week support care program designed for youth who have gone through a recent separation or divorce in their family.

The objective of this program is to help children and youth explore their feelings and the new change in their family dynamic.

Participants will express and understand their feelings, learn new tools to deal with their family dynamic, meet peers who are going through a similar experience and practice coping strategies to manage stress, grief, sadness, and anger.

To inquiry about this program please contact Child and Youth Manager at Some Other Solutions

780-743-8605 ext 105

j.penney@someothersolutions.ca

Additional Resources

Kids Help Phone

1-800-668-6868

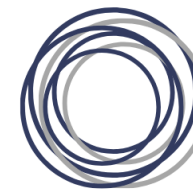
www.kidshelpphone.ca

Some Other Solutions

24-Hour Crisis Line

780-743-HELP (4357)

1-800-565-3801



SOME OTHER SOLUTIONS

SOCIETY FOR CRISIS PREVENTION



Helping Children and Youth with Separation and Divorce



REGIONAL MUNICIPALITY
OF WOOD BUFFALO



Alberta Health
Services



United Way
Fort McMurray
and Wood Buffalo

Why?

You may wonder why your parents are separating. When people agree on getting married and having a family they are happy together and love one another. But, over time things can change. These things can lead to a separation or divorce.

Parents can separate for many different reasons. Parents usually separate when they are not happy together anymore or they do not love each other like they use to. When parents decided to separate or divorce it is never an easy decision.

What you need to know

You are not the reason your parents are separating. Kids do not cause separation or divorce.

Many other kids are going through a similar experience. You are not alone in what you are experiencing.

You may feel like life is not the same right now, but it will feel normal again - it just takes time.

Your parents are your parents forever and they will always love and take care of you even in they don't live together anymore

*"Your family is changing
but it is not ending."*

Changes

A lot of things will change when your parents stop living together.

Here are some things that might change:

- One of your parents won't live with you all the time anymore
- You might move to a new home
- You will probably only be with one parent at a time
- You might have two homes
- You might be asked to help out more around the house

Change happens in everyone's life and sometimes it is hard to get used to new things. It is okay if these changes feel tough and hard to accept.

Things that won't change when you are going through a separation or divorce:

- Your parents are still your parents
- You are still you

Your family is changing, but it is not ending.

Each family can look different. Your family can include your parents, step-parents, grandparents, sisters, brothers, step-siblings, aunts, uncles, and cousins. Families are more than just the people that you live with. Families are about people loving and caring for one another.

Sometimes it can be hard to get used to new things and that is okay. Things will get better and sometimes change is for the better.

It might take awhile to get used to the changes in your family, but you will feel better and get used to the changes.



Feelings

It is really hard when your parents separate. It is normal to have a lot of different feelings, and not know what to do with them. Some emotions that you might feel during this time are:

- Sadness
- Anger
- Scared
- Confusion
- Worry
- Guilt
- Relief

When you have these feelings you may not be able to think about anything else, you may have trouble sleeping, you may get nightmares, or you may get really mad at people over the smallest things.

You might feel all of these feelings at once or individually, but the important thing to remember is that there are no right or wrong feelings.