



IT'S YOUR DIVORCE. NOT THEIRS.

Kids First Center  
222 Saint John St., Suite 101  
Portland, ME 04102

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IT'S YOUR DIVORCE. NOT THEIRS.

# Supporting Families of Separation and Divorce

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**JUNE - DECEMBER 2015**

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**Kids First Center**

222 Saint John St., Suite 101  
Portland, ME 04102 207.761.2709  
[www.KidsFirstCenter.org](http://www.KidsFirstCenter.org)



## Our Mission

The mission of *Kids First* is to reduce the impact of separation, divorce and remarriage on kids. As painful as it is for parents, it's the kids who may pay the highest price - the hurt can last a lifetime. But it doesn't have to be that way. That's where the *Kids First Center* comes in. Providing practical information and support through a wide variety of programs for kids, parents and professionals who work with them, we are a resource for families when they need us most. More information can be found at [www.kidsfirstcenter.org](http://www.kidsfirstcenter.org).

### Support Groups For Children & Adolescents

These six-week after-school groups give kids an opportunity to share experiences with their peers in a safe, neutral environment at the *Kids First Center*. Groups are facilitated by mental health professionals.

Call 761-2709 for a consent packet to start the registration process. (Signed consent is required from both parents if they share parental rights & responsibilities). **Fee is \$90 (\$70 if more than one child).**

#### GROUP 1

**2015 DATES**

1<sup>st</sup> - 3<sup>rd</sup> Graders

Meets Tuesdays at 4:30 - 5:45pm

|                   |                    |                   |
|-------------------|--------------------|-------------------|
| June 23 - July 28 | Sept. 15 - Oct. 20 | Nov. 10 - Dec. 15 |
|-------------------|--------------------|-------------------|

#### GROUP II

4<sup>th</sup> - 6<sup>th</sup> Graders

Meets Wednesdays at 4:00 - 5:30pm

|                   |                   |                  |
|-------------------|-------------------|------------------|
| June 24 - July 29 | Sept. 16- Oct. 21 | Nov. 4 - Dec. 16 |
|-------------------|-------------------|------------------|

#### GROUP III

7<sup>th</sup> - 9<sup>th</sup> Graders

Meets Wednesdays at 6:00 - 7:30pm

|                   |                    |                  |
|-------------------|--------------------|------------------|
| June 25 - July 30 | Sept. 17 - Oct. 22 | Nov. 4 - Dec. 17 |
|-------------------|--------------------|------------------|

10th Graders and above: opportunities are available for those interested in co-facilitating support groups for younger children. Community service credit is available; please contact the *Center*.

## The Kids First Program

The first step for successful co-parenting, this four-hour workshop for parents is designed to help address problems and reduce the negative effects of separation and divorce. This workshop will address:

- Children's needs as marital and family roles change
- The effects of and children's reactions to separation and divorce
- Talking with children about divorce and other changes
- Making decisions about parenting arrangements
- Dealing with conflict without involving children
- Helping children adjust to differences between households

Participants are encouraged to attend this program as early in the separation and divorce process as possible. You must register to attend. You will receive a confirmation call 2-3 days before the workshop. Meets on Saturdays, 8:30am - 12:30pm or Thursdays, 5:00 to 9:00pm. Fee is \$60 per person.

**PORTLAND** - Kids First Center - 222 St. John St, Ste104  
(207-761-2709)

|                |                   |                    |
|----------------|-------------------|--------------------|
| June 6         | August 20 (Thur)  | November 7         |
| June 18 (Thur) | September 19      | November 19 (Thur) |
| July 18        | October 3         | December 5         |
| August 1       | October 15 (Thur) | December 17 (Thur) |

**BIDDEFORD** - Southern Maine Medical Center  
One Medical Center Drive, Biddeford (207-761-2709)

|         |          |            |             |
|---------|----------|------------|-------------|
| June 13 | August 8 | October 10 | December 12 |
|---------|----------|------------|-------------|

**FARMINGTON** - Franklin Memorial Hospital  
111 Franklin Health Commons, Farmington (207-761-2709)

|         |              |             |
|---------|--------------|-------------|
| July 11 | September 12 | November 14 |
|---------|--------------|-------------|

**TOPSHAM** - Woodside Elementary School  
42 Barrows Drive, Topsham (207-761-2709)

|         |              |             |
|---------|--------------|-------------|
| July 11 | September 12 | November 14 |
|---------|--------------|-------------|

**Other locations:** Please call local numbers for upcoming dates and to register.

Augusta, Waterville & Skowhegan - 207-859-1514

Belfast - 207-338-2200 X109

Lewiston - 207-783-3990

Norway & South Paris - 207-333-6425

**Similar program offered in the following locations:**

Rockland, Wiscasset & Newcastle - 207-596-0359

Bangor & Ellsworth - 207-942-9329 or 942-8200

Presque Isle - 207- 488-6657

## Next Step Program - Putting Conflict Aside

A four-week program for parents who wish to explore the impacts of separation and divorce more deeply. Prior attendance at a Kids First Program is required.

- Focus on co-parenting and managing conflict
- Fine tune communication skills to fit children's changing needs
- Address parenting arrangements and new relationships

Meets four consecutive weeks - 6:00 - 9:00pm

Fee is \$180 per person

**Portland:** Mondays, Sept. 28 - Oct. 26, 2015

**Topsham:** Mondays, Nov. 9 - Dec. 7, 2015

## Kids First Program for Stepparents

This four-hour, one-time workshop is designed to help parents and stepparents understand the typical difficulties experienced by each person - including the children - in the new family. Prior attendance at a Kids First Program is suggested. Participants will learn:

- Ways to ease the transition process
- Appropriate boundaries
- How to have their needs met
- Ways to feel comfortable in their new roles and relationships

Meets on Saturdays - 8:30am - 12:30pm

Fee is \$60 per person/\$100 for 2 parents (recommended)

**Portland:** June 13 August 8 October 10 December 12

## Kids First Program for Women

This full-day workshop is designed for mothers who have left relationships where any form of domestic abuse was present. In addition to the Kids First Program curriculum, this program addresses issues specifically related to the following:

- Physical, emotional and verbal abuse
- Financial exploitation
- Safety planning
- Other support services in the community

Meets quarterly on Saturdays - 8:30am - 2:30pm

Fee is \$60 per person

**Portland:** Please call 761-2709 for dates and times

## Stephane Yulita Lending Library/Resource Guide

Lending Library: Located in the *Kids First Center*, Suite 101.

Parents, teens, children and professionals may borrow books covering a wide range of topics related to divorce, separation and stepparenting.

Resource Guide: Clients may call *Kids First* for referrals for attorneys, therapists, mediators and various support agencies.

## Separation Divorce & Dads

A drop-in support group for dads covering various separation and divorce related topics. Meets monthly - 6:30 - 8:00pm (excluding July)  
Fee is \$10 per person; registration not required  
**Portland:** first Tuesday of every month

## Gay, Lesbian, Bisexual, Transgender Families Parenting Through Separation & Divorce

Annual workshop open to parents as well as professionals working with GLBT community. Expand your thinking about the effects of family transition and dissolution with GLBT parents and their children.

### How To Register For A Program

Three easy ways to enroll in any of our programs:

**Online** - Go to [www.kidsfirstcenter.org](http://www.kidsfirstcenter.org).

**By mail** - Use the attached Registration Form. Note that a consent packet will be required to enroll your child in a children's support group; please call the *Center* to get one.

**By phone** - Call 207-761-2709 or the appropriate phone number for programs held at locations other than the *Kids First Center*. We accept M/C & Visa

**Please note** - All programs are at the *Kids First Center* in Portland unless otherwise noted. For evening and weekend programs, participants should enter from the rear of the building, as front entrances are locked at those times.

If needed, financial assistance is available for all programs.

### Kids First - What Kids Want Grown-Ups To Know About Separation & Divorce



Our book provides valuable insights for separating parents, attorneys, mental health professionals and others. Order your copy online through Amazon or pick one up at the *Kids First Center* for \$15.00. (includes ME sales tax).

## Evening Workshops / Fall Conference

Designed for parents and/or professionals, these workshops are offered at the *Kids First Center* in Portland.

**Registration is required. Optional: Continuing Education Units (CEUs) available for a fee of \$25 to be charged at time of registration.**

### YOUR BRAIN ON DIVORCE

(for parents and professionals - CEUs available pending approval)  
Presenter: Dr. Erin Oldham, Ph.D.

Monday, September 21, 2015      7:00 - 8:30 pm

Learn how divorce effects our cognitive abilities and gain practical insight on decision-making, information processing, and impulse control during the separation process.

### COLLABORATIVE DIVORCE IN MAINE

(for parents and professionals - CEUs available pending approval)

Presenters: David C. Webb, Esq. - Collaborative Attorney

John A. LeMieux, Certified Divorce Financial Analyst

Jeffrey S. Levy, LCSW, GAL - Collaborative Divorce Coach

Monday, November 9, 2015      7:00 - 8:30 pm

Discover how a team approach between legal, financial, and mental health professionals can better serve children and parents through the divorce process. Explore the collaborative process of cooperative information sharing, conducting efficient group meetings, and building ways to overcome impasses.

### WE'RE DIVORCING: WHAT HAPPENS TO THE HOUSE?

Presenters: Steven Lavallee

Craig Fox

Monday, December 7, 2015      7:00 - 8:30 pm

As you split up your household, you will need to decide whether to sell the house and divide the profit, or allow one partner to remain in the home. You may even wish to purchase a new home. What are the ramifications of each decision?

## FALL CONFERENCE

### STAYING ON THE CUTTING EDGE: KIDS FIRST 1988 TO 2015

Friday, October 30, 2015, Harraseeket

Kids First has been on the forefront of helping parents protect their kids through the divorce process for over 17 years. This conference will discuss some of the core principles that have made this program work, how those concepts are still vital in this area, and explore new developments and techniques for tackling the persistent problem of kids getting caught in the middle.

## Registration Form

For Portland, Topsham, Biddeford & Farmington locations only. Registration is also available online at [www.kidsfirstcenter.org](http://www.kidsfirstcenter.org) or by phone 207-761-2709 or fax 207-780-0059.

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ E-mail: \_\_\_\_\_

Phone number (where it's OK to leave a message): \_\_\_\_\_

Paying by check or  credit card (M/C or Visa) # \_\_\_\_\_ exp. Date \_\_\_\_\_

Make check payable to Kids First Center

If you prefer not to attend the same program as a current or former spouse or partner, please print his/her name here: \_\_\_\_\_

If you require financial assistance, please call Kids First at 207-761-2709

Please indicate below which program you are interested in attending, and your choice of date and location:

Kids First Program (registration fee \$60.00) Program Date/Location: \_\_\_\_\_

Other programs (registration fees differ) Program Date/Location: \_\_\_\_\_

To attend sessions at the Portland, Topsham, Biddeford or Farmington locations, please mail your payment and registration form to:  
Kids First Center, 222 St. John Street, Suite 101, Portland, Maine 04102

