

# SANDCASTLES

## DIVORCE RECOVERY WORKSHOP FOR KIDS

### **About Sandcastles...**

Created in 1994 by therapist M. Gary Neuman, the Sandcastles Children's Program is a nationally known non-sectarian program to assist children 6 – 17 in dealing with their reaction to their parents' divorce or separation. Concurrently, the program educates parents about their children's experience of divorce and offers support to parents as they help their children to experience a compassionate transition.

### **What Happens at Sandcastles...**

Kids participate in age-appropriate activity groups facilitated by licensed therapists and veteran teachers. Kids are invited to express themselves through art, write poems, compose a group letter to their parents and are guided in such activities as role-playing and discussion. In the last half hour of the program, families come together to share their experiences.

### **How Sandcastles Helps Kids...**

As a result of meeting with peers who are going through similar experience, kids usually emerge with a newfound sense of confidence, hope, and community. Children realize that they are not alone. The Sandcastles activities help children:

- **Develop self-expression, problem-solving skills, and their own solutions**
- **Learn appropriate means of expressing intense emotions**
- **Reach a better understanding of the reality of divorce**
- **Recognize their own unique qualities, attitudes and strengths**

### **About the Parents' Program...**

Divorce or separation is painful and confusing. How you handle it as a parent determines a lot about how your child will respond to it, both today and in the future. While children are in their peer group activities, you will have an opportunity to learn about topics, which include:

- **Coping with your child's common fears and confusions about separation**
- **Helping your child deal with change**
- **Building a positive co-parenting relationship, even when you think you can't**
- **Protecting your child from parental conflict**
- **Helping your child rebuild.**

Separated parents, married or unmarried, are welcome to enroll their children in Sandcastles.

---

**Please register me for the Sandcastles Program on Sunday, October 13, 2013 1 – 5 pm**  
Rolling Hills United Methodist Church, 26438 Crenshaw Bl., Rolling Hills Estates, CA 310-377-6771

**Please list all family members who will be attending the program (Note: If parent relations are not amicable, please have only one parent attend on this date).**

Parent's Name \_\_\_\_\_  
Parent's Street Address \_\_\_\_\_ Phone \_\_\_\_\_  
Child's Name/Age \_\_\_\_\_ Child's Name/Age \_\_\_\_\_  
Child's Name/Age \_\_\_\_\_

(Note: Children must have reached their 6<sup>th</sup> birthday to participate in Sandcastles.)  
Additional Parent/Stepparent attending \_\_\_\_\_

**Please make check for \$125 per family payable to "RHUMC" and mail along with this form to:**  
**RHUMC, 26438 Crenshaw Blvd., Rolling Hills Estates, CA 90274**