

# **MANDATORY INFORMATION PROGRAM (MIP)**

## **RESOURCES**

This is not a comprehensive list of all resources available for family law issues, nor can our provision of same be seen as an endorsement of any of the respective content, but rather a starting point for your further research and interest



Family Mediation Inc

[info@axisfamilymediation.com](mailto:info@axisfamilymediation.com)

[www.axisfamilymediation.com](http://www.axisfamilymediation.com)

**1-888-988-AXIS (2947)**

### **On-site and Off-site Court-Connected Comprehensive Family Mediation & Information Services**

- On-site mediation is available free on a first-come, first-served basis any day you are scheduled to appear in court.
- Information and Referral Coordinator available at the same time as on-site mediation.
- Off-site Mediation is available by appointment and fees are subsidized based on a sliding scale.

**Hamilton 905-645-5252 x2516**

**On-site Mediation – Superior Court of Justice Family Court, Family Law Information Centre, 1<sup>st</sup> floor**

**Kitchener Waterloo 519-749-8989**

**On-site Mediation – Waterloo Regional Courthouse, Family Law Information Centre, 2<sup>nd</sup> floor**

**Guelph (& Wellington County) 519-824-4100 x218**

**On-site Mediation – Superior and Ontario Courts of Justice, Family Law Information Centre, 1<sup>st</sup> floor**

**Brantford (& Brant County) 226-920-8109**

**On-site Mediation -- Superior Court of Justice, Family Law Information Centre, 1<sup>st</sup> floor**

**On-site Mediation -- Ontario Court of Justice, Family Law Information Centre, 2<sup>nd</sup> floor**

**Simcoe (& Norfolk County) 226-931-1617**

**On-site Mediation – Superior and Ontario Courts of Justice, Family Law Information Centre, 3<sup>rd</sup> floor**

**Cayuga (& Haldimand County) 226-931-1617**

**On-site Mediation – Superior and Ontario Courts of Justice, Family Law Information Centre, 1<sup>st</sup> floor**

## **FREQUENTLY USED WEBSITES**

### **Canadian Legal Information Institute**

Case Law Search

[www.canlii.org/en/](http://www.canlii.org/en/)

### **Court Forms**

[www.ontariocourtforms.on.ca/english/family](http://www.ontariocourtforms.on.ca/english/family)

### **Courthouse Accessibility**

[www.attorneygeneral.jus.gov.on.ca/english/courts/Court\\_Addresses/index.php](http://www.attorneygeneral.jus.gov.on.ca/english/courts/Court_Addresses/index.php)

### **Daily Court Lists**

[www.ontariocourtdates.ca/default.aspx](http://www.ontariocourtdates.ca/default.aspx)

### **Glossary of Legal Terms**

[www.attorneygeneral.jus.gov.on.ca/english/glossary/](http://www.attorneygeneral.jus.gov.on.ca/english/glossary/)

### **Guides to Family Court Forms**

[www.attorneygeneral.jus.gov.on.ca/english/family/guides/fc/](http://www.attorneygeneral.jus.gov.on.ca/english/family/guides/fc/)

Tips for service [ontariocourtforms.on.ca/static/media/uploads/courtforms/bill133/Service-Handout-EN-Mar10.pdf](http://ontariocourtforms.on.ca/static/media/uploads/courtforms/bill133/Service-Handout-EN-Mar10.pdf)

### **Family Dispute Resolution Institute of Ontario**

[fdrio.ca/](http://fdrio.ca/)

### **Family Law**

[www.attorneygeneral.jus.gov.on.ca/english/family/default.asp](http://www.attorneygeneral.jus.gov.on.ca/english/family/default.asp)

### **Family Law Rules**

[www.ontario.ca/laws/regulation/990114](http://www.ontario.ca/laws/regulation/990114)

### **Family Responsibility Office**

[www.thefro.ca](http://www.thefro.ca)

### **Office of the Children's Lawyer**

[www.attorneygeneral.jus.gov.on.ca/english/family/ocl/](http://www.attorneygeneral.jus.gov.on.ca/english/family/ocl/)

OCL Forms [ontariocourtforms.on.ca/en/office-of-the-childrens-lawyer-forms/](http://ontariocourtforms.on.ca/en/office-of-the-childrens-lawyer-forms/)

### **Resource List**

[www.attorneygeneral.jus.gov.on.ca/english/family/resource\\_list.asp](http://www.attorneygeneral.jus.gov.on.ca/english/family/resource_list.asp)

### **Standard clauses**

[ontariocourtforms.on.ca/static/media/uploads/courtforms/family/clauses/Standard-Clauses-for-Orders-EN.doc](http://ontariocourtforms.on.ca/static/media/uploads/courtforms/family/clauses/Standard-Clauses-for-Orders-EN.doc)

**CUSTODY & ACCESS****Ministry of the Attorney General**

[www.attorneygeneral.jus.gov.on.ca/english/family/divorce/custody/](http://www.attorneygeneral.jus.gov.on.ca/english/family/divorce/custody/)

Supervised Access [www.attorneygeneral.jus.gov.on.ca/english/family/supaccess.php](http://www.attorneygeneral.jus.gov.on.ca/english/family/supaccess.php)

**Department of Justice**

Parenting Plan [www.justice.gc.ca/eng/fl-df/parent/ppc-lvppp/index.html](http://www.justice.gc.ca/eng/fl-df/parent/ppc-lvppp/index.html)

**CHILD & SPOUSAL SUPPORT****Department of Justice**

Child support [www.canada.justice.gc.ca/eng/fl-df/child-enfant/index.html](http://www.canada.justice.gc.ca/eng/fl-df/child-enfant/index.html)

Spousal Support [www.canada.justice.gc.ca/eng/fl-df/spousal-epoux/index.html](http://www.canada.justice.gc.ca/eng/fl-df/spousal-epoux/index.html)

**Ministry of the Attorney General**

Child support [www.attorneygeneral.jus.gov.on.ca/english/family/divorce/support/](http://www.attorneygeneral.jus.gov.on.ca/english/family/divorce/support/)

Spousal Support [www.attorneygeneral.jus.gov.on.ca/english/family/divorce/support/spousal.asp](http://www.attorneygeneral.jus.gov.on.ca/english/family/divorce/support/spousal.asp)

**My Support Calculator**

[www.mysupportcalculator.ca/](http://www.mysupportcalculator.ca/)

**Support Information Exchange**

[www.supportinformationexchange.com/home.html](http://www.supportinformationexchange.com/home.html)

**Automated Child Support Calculation Service**

[www.ontario.ca/page/set-up-or-update-child-support-online](http://www.ontario.ca/page/set-up-or-update-child-support-online)

**PROPERTY****Indigenous and Northern Affairs Canada**

Matrimonial Real Property on Reserves

[www.aadnc.gc.ca/MRP](http://www.aadnc.gc.ca/MRP)

**Ministry of the Attorney General**

[www.attorneygeneral.jus.gov.on.ca/english/family/divorce/division\\_of\\_property/](http://www.attorneygeneral.jus.gov.on.ca/english/family/divorce/division_of_property/)

**MEDIATION****ADR Institute of Canada**

[adrontario.ca/](http://adrontario.ca/)

**AXIS Family Mediation Inc.**

[www.axisfamilymediation.com/](http://www.axisfamilymediation.com/)

**Family Mediation Canada**

[www.fmc.ca/](http://www.fmc.ca/)

**Ontario Association for Family Mediation**

[oafm.on.ca/](http://oafm.on.ca/)

**Ministry of the Attorney General**

[www.attorneygeneral.jus.gov.on.ca/english/family/divorce/mediation/locate\\_mediator.asp](http://www.attorneygeneral.jus.gov.on.ca/english/family/divorce/mediation/locate_mediator.asp)

## **COLLABORATIVE FAMILY LAW**

**Ontario Collaborative Law Federation**

[www.oclf.ca/](http://www.oclf.ca/)

## **ARBITRATION**

**ADR Institute of Canada**

[adrontario.ca/](http://adrontario.ca/)

**MAG**

[www.attorneygeneral.jus.gov.on.ca/english/family/arbitration/default.asp](http://www.attorneygeneral.jus.gov.on.ca/english/family/arbitration/default.asp)

## **CUSTODY & ACCESS ASSESSORS**

**Interaction Consultants**

[www.yoursocialworker.com/s-articles/childcustody.pdf](http://www.yoursocialworker.com/s-articles/childcustody.pdf)

**MAG**

[www.attorneygeneral.jus.gov.on.ca/english/family/ocl/custody.php](http://www.attorneygeneral.jus.gov.on.ca/english/family/ocl/custody.php)

## **FAMILY LAW LEGAL ADVICE**

**Law Society Referral Service (LSRS)** (if no internet or urgent: 1-800-268-8326)

[lrs.lsuc.on.ca/lrs/](http://lrs.lsuc.on.ca/lrs/)

Lawyer or licenced paralegal

Free 30 minute consultation

**Legal Aid Ontario (LAO)** 1-800-668-8258

[www.legalaid.on.ca/](http://www.legalaid.on.ca/)

Monday-Friday 8am-5pm

Legal advice in 200 languages

- 6 hour independent legal advice (ILA) before/during/after mediation
- 10 hour ILA for drafting of separation agreements

**Legal Line**

[www.legalline.ca/](http://www.legalline.ca/)

**JusticeNet** 1-866-919-3219


[www.justicenet.ca](http://www.justicenet.ca)

Reduced Fee program

## LEGAL ADVICE

**Advice Lawyers** are available in each Family law Information Centre (FLIC), for those *not* in court on the same day as they see the lawyer. They provide limited, general advice for unrepresented litigants. All litigants can speak to the advice lawyer, but only those who financially qualify receive further assistance. Advice Lawyers can also make referrals to Legal Aid for a certificate should you qualify. The hours for the advice lawyers in each location are listed below.

**Family Court Duty Counsel** are available in each family court, for unrepresented litigants on the same day clients are in court. Clients are seen on a walk-in, first come, first served basis. Duty Counsel provide limited, general advice, for those who financially qualify. Duty counsel can also make referrals to Legal Aid for a certificate should you qualify. The hours for duty counsel in each location are listed below.

 **TIP: “When you visit the FLIC office, it is recommended to bring all documents relating to your case, and if you do not speak English, please bring someone who can translate for you as there are no interpreters on site” (Legal Aid Ontario).**

### FAMILY LAW LEGAL ADVICE IN HAMILTON

Superior Court of Justice, Family Court  
55 Main Street West, Hamilton, ON L8P 1H4

905-645-6250

- **ADVICE LAWYER**  
**FAMILY LAW INFORMATION CENTRE (FLIC) – 1<sup>st</sup> floor**  
**Monday-Friday 9am-12:30pm; 1:30pm-4pm**
- **FAMILY COURT DUTY COUNSEL**  
**Tuesday, Thursday, Friday – 8:30am-12:30pm; 1:30pm-4:30pm**  
**Monday & Wednesday – 8:30am-12pm; 1pm-4:30pm**
- **LAO Special Advice Clinic** Women’s Centre of Hamilton 905-522-0127  
Tuesdays 9am-5pm, by appointment only

### FAMILY LAW LEGAL SERVICES IN KITCHENER WATERLOO

**Waterloo Region Courthouse**, Ontario and Superior Courts of Justice  
85 Frederick Street, Kitchener, ON N2H 0A7

519-741-3200

- **ADVICE LAWYER**  
**FAMILY LAW INFORMATION CENTRE (FLIC) – 2<sup>nd</sup> floor**  
**Monday-Friday 9am-4pm**
- **FAMILY COURT DUTY COUNSEL is generally available daily, when family court is in session.**

### **FAMILY LAW LEGAL SERVICES IN GUELPH**

Ontario and Superior Courts of Justice  
74 Woolwich Street, Guelph, ON N1H 3T9

519-824-4100

- **ADVICE LAWYER**  
**Fridays 9am-12noon**
- **FAMILY COURT DUTY COUNSEL is generally available when family court is in session.**

### **FAMILY LAW LEGAL SERVICES IN BRANTFORD**

Ontario Court of Justice  
44 Queen Street, Brantford, ON N3T 3B2

519-758-3460

- **ADVICE LAWYER**  
**FAMILY LAW INFORMATION CENTRE (FLIC) – 2<sup>nd</sup> floor**  
**On a rotating reschedule, By appointment 519-758-3460**
- **FAMILY COURT DUTY COUNSEL is generally available when family court is in session.**

### **FAMILY LAW LEGAL SERVICES IN SIMCOE**

Ontario and Superior Courts of Justice  
50 Frederick Hobson VC Drive  
Simcoe, ON N3Y 4L5

519-426-6550

- **ADVICE LAWYER**  
**FAMILY LAW INFORMATION CENTRE (FLIC) – 3<sup>rd</sup> floor**  
**Thursdays, 10am-11am or 1pm-2pm, call 905-772-3335 for details**
- **FAMILY COURT DUTY COUNSEL is generally available when family court is in session.**

### **FAMILY LAW LEGAL SERVICES IN CAYUGA**

Ontario and Superior Courts of Justice  
55 Munsee Street North  
Cayuga, ON N0A 1E0

905-772-3335

- **ADVICE LAWYER**  
**FAMILY LAW INFORMATION CENTRE (FLIC) – 1<sup>st</sup> floor**  
**Fridays 1:30pm-3:30pm**
- **FAMILY COURT DUTY COUNSEL is generally available when family court is in session.**

## **VIDEOS**

### ***Children: The Experts on Divorce***

By Elizabeth Hickey

Salt Lake City, UT: Family Connections Publishing Co., 1994

[vimeo.com/10262942](http://vimeo.com/10262942)

### ***Divorce Affects Children***

Gary Drenfeld, MSW, RSW

[yoursocialworker.com/sep-dev.htm](http://yoursocialworker.com/sep-dev.htm)

### ***Family Law Information Program (FLIP)***

Legal Aid Ontario, 2015

[www.legalaid.on.ca/data/hidden/FLIP\\_en-MIP/player.html](http://www.legalaid.on.ca/data/hidden/FLIP_en-MIP/player.html)

### ***Family Matters with Justice Harvey Brownstone***

AdviceScene, 2012

[www.familymatterstv.com](http://www.familymatterstv.com)

### ***How to Divorce and Not Wreck the Kids***

Bountiful Films Inc. in association with CBC, 2012

[www.cbc.ca/doczone/episodes/how-to-divorce-and-not-wreck-the-kids](http://www.cbc.ca/doczone/episodes/how-to-divorce-and-not-wreck-the-kids)

### ***Moving Forward DVD***

Queen's Printer for Ontario, 2005

Available in Family Law Information Centres (FLIC)

### ***Separate Ways***

Queen's Printer for Ontario, 2008

Available in Family Law Information Centres (FLIC)

## **PUBLICATIONS**

### ***Because Life Goes On... Helping Children and Youth Live With Separation and Divorce*** (Archived)

Public Health Agency of Canada

[www.phac-aspc.gc.ca/publicat/mh-sm/divorce/index-eng.php](http://www.phac-aspc.gc.ca/publicat/mh-sm/divorce/index-eng.php)

### ***Co-parenting Communication Guide***

Arizona Chapter of the Association of Family and Conciliation Courts (AzAFCC)

[www.afccnet.org/resource-center/resources-for-families/categoryid/1](http://www.afccnet.org/resource-center/resources-for-families/categoryid/1)

### ***The Federal Child Support Guidelines: Step-By-Step***

Department of Justice

[www.justice.gc.ca/eng/rp-pr/fl-lf/child-enfant/guide/](http://www.justice.gc.ca/eng/rp-pr/fl-lf/child-enfant/guide/)

### ***International Child Abduction: A Guidebook for Left-Behind Parents***

Government of Canada

[travel.gc.ca/travelling/publications/international-child-abductions](http://travel.gc.ca/travelling/publications/international-child-abductions)

***Making plans: A guide to parenting arrangements after separation or divorce  
How to put your children first***

Department of Justice

[www.canada.justice.gc.ca/eng/fl-df/parent/mp-fdp/index.html](http://www.canada.justice.gc.ca/eng/fl-df/parent/mp-fdp/index.html)

***Resolving disputes – think about your options***

Department of Justice

[www.justice.gc.ca/eng/rp-pr/csj-sjc/dprs-sprd/dr-rd/index.html](http://www.justice.gc.ca/eng/rp-pr/csj-sjc/dprs-sprd/dr-rd/index.html)

***What happens next? Information for kids about separation and divorce***

Department of Justice

[www.justice.gc.ca/eng/rp-pr/fl-lf/famil/book-livre/pdf/book-livre.pdf](http://www.justice.gc.ca/eng/rp-pr/fl-lf/famil/book-livre/pdf/book-livre.pdf)

***What you should know about Family Law in Ontario***

The Ministry of the Attorney General

[www.attorneygeneral.jus.gov.on.ca/english/family/famlawbro.asp](http://www.attorneygeneral.jus.gov.on.ca/english/family/famlawbro.asp)

***Where do I stand? A child's legal guide to separation and divorce***

The Ministry of the Attorney General

[www.attorneygeneral.jus.gov.on.ca/english/family/wheredoi.asp](http://www.attorneygeneral.jus.gov.on.ca/english/family/wheredoi.asp)

## **RESOURCES**

**Aboriginal Legal Services of Toronto (ALST)** 416-408-3967

[www.aboriginallegal.ca/](http://www.aboriginallegal.ca/)

**Alcoholics Anonymous**

[www.aa.org](http://www.aa.org)

**Association for Parent Support Groups in Ontario Inc. (APSGO)**

[www.apsgo.ca/](http://www.apsgo.ca/)

**Association of Family and Conciliation Courts (AFCC)**

[afccnet.org](http://afccnet.org)

Resources & Pamphlets [www.afccnet.org/resource-center/resources-for-families/categoryid/1](http://www.afccnet.org/resource-center/resources-for-families/categoryid/1)

**Bereaved Families of Ontario** 905-318-0070

[www.bfo-hamiltonburlington.on.ca](http://www.bfo-hamiltonburlington.on.ca)

**Canadian Bar Association**

Legal Health Checks [www.cba.org/CBA-Equal-Justice/Resources/Legal-Health-Checks](http://www.cba.org/CBA-Equal-Justice/Resources/Legal-Health-Checks)

**Canadian Mental Health Association**

[www.cmha.ca/mental-health/your-mental-health/separation-and-divorce/](http://www.cmha.ca/mental-health/your-mental-health/separation-and-divorce/)

**Child and Parent Resource Institute (CPRI)** 1-877-494-2774

[cpri.ca/families/](http://cpri.ca/families/)



**Community Education Service**

[www.communityed.ca](http://www.communityed.ca)

**Community Legal Education Ontario (CLEO)**

[www.cleo.on.ca/en](http://www.cleo.on.ca/en)

[yourlegalrights.on.ca/](http://yourlegalrights.on.ca/)

Steps in a Family Law Case [www.cleo.on.ca/en/family-flowchart/steps-family-law-case](http://www.cleo.on.ca/en/family-flowchart/steps-family-law-case)

**ConnexOntario**

[www.connexontario.ca](http://www.connexontario.ca)

Drugs or Alcohol 1-800-565-8603

Problem Gambling 1-888-230-3505

Mental Health 1-866-531-2600

**Divorce Magazine**

[www.divorcemag.com/region/on](http://www.divorcemag.com/region/on)

**eMentalHealth.ca – Separation & Divorce**

[www.ementalhealth.ca/Ontario/Separation-and-Divorce/index.php?m=heading&ID=42](http://www.ementalhealth.ca/Ontario/Separation-and-Divorce/index.php?m=heading&ID=42)

**Families Change**

[familieschange.ca/index.htm](http://familieschange.ca/index.htm)

**Family Law Education for Women (FLEW)**

[onefamilylaw.ca/](http://onefamilylaw.ca/)

**Family Service Canada 1-877-451-1055**

[www.familyservicecanada.org](http://www.familyservicecanada.org)

**Focus on the Family Canada**

Tough questions kids ask custodial parents

[www.focushelps.ca/article/teens/impact-divorce/tough-questions-kids-ask-custodial-parents](http://www.focushelps.ca/article/teens/impact-divorce/tough-questions-kids-ask-custodial-parents)

**Government of Canada Travel and Tourism**

[travel.gc.ca](http://travel.gc.ca)

**High Conflict Institute**

[www.highconflictinstitute.com/](http://www.highconflictinstitute.com/)

**Interaction Consultants**

Parenting [yoursocialworker.com/articles.htm](http://yoursocialworker.com/articles.htm)

Separation & Divorce [yoursocialworker.com/sep-dev.htm](http://yoursocialworker.com/sep-dev.htm)

**Justice for Children and Youth**

[jfcy.org/en/](http://jfcy.org/en/)

**Kids Help Phone 1-800-668-6868**

[kidshelpphone.ca](http://kidshelpphone.ca)

**Law Society of Upper Canada** 1-800-668-7380

[www.lsuc.on.ca](http://www.lsuc.on.ca)

**Little Children, Big Challenges: Divorce**

[www.sesamestreet.org/parents/topicsandactivities/toolkits/divorce#](http://www.sesamestreet.org/parents/topicsandactivities/toolkits/divorce#)

**LGBTQ Parenting Network**

[lgbtqpn.ca](http://lgbtqpn.ca)

**LGBT Youth Line** 1-800-268-9688

[www.youthline.ca/](http://www.youthline.ca/)

**Ontario Early Years Centres**

[www.edu.gov.on.ca/childcare/FamilyPrograms.html](http://www.edu.gov.on.ca/childcare/FamilyPrograms.html)

**Ontario Family Law Blog**

*A Parents' Guide to Children and Divorce*

*Kids in Divorce. What Do They Need?*

*How Can We Help Our Children Emotionally Get Through Our Divorce?*

*How Do We Tell Our Children We Are Divorcing?*

*Interview with Nancy Newton of Rainbows*

[www.ontariofamilylawblog.com/articles/rainbows/](http://www.ontariofamilylawblog.com/articles/rainbows/)

**Ontario Victim Services**

**Victim Support Line 1-888-579-2888**

[www.attorneygeneral.jus.gov.on.ca/english/ovss/programs.php](http://www.attorneygeneral.jus.gov.on.ca/english/ovss/programs.php)

[www.kanawayhitowin.ca](http://www.kanawayhitowin.ca)

[www.neighboursfriendsandfamilies.ca](http://www.neighboursfriendsandfamilies.ca)

[www.francofemmes.org](http://www.francofemmes.org) (French)

[www.voisinsamisefamilles.on.ca](http://www.voisinsamisefamilles.on.ca)

**Muslim Community Services**

[www.muslimcommunity.org](http://www.muslimcommunity.org)

**Nishnawbe-Aski Legal Services Corporation (NALSC) 1-800-465-5581**

[www.nanlegal.on.ca/](http://www.nanlegal.on.ca/)

**Rainbows Canada**

[www.rainbows.ca/index.htm](http://www.rainbows.ca/index.htm)

**Reaching IN...Reaching OUT (RIRO)**

[www.reachinginreachingout.com/index.htm](http://www.reachinginreachingout.com/index.htm)

**Telehealth** 1-866-553-7205

[www.health.gov.on.ca/en/public/programs/telehealth](http://www.health.gov.on.ca/en/public/programs/telehealth)

## **COMMUNITY ORGANIZATIONS IN THE CITY OF HAMILTON**

**Alcohol, Drug & Gambling Services** 905-546-3606

[www.hamilton.ca/adgs](http://www.hamilton.ca/adgs)

**Alternatives for Youth** 905-527-4469

[www.ay.on.ca](http://www.ay.on.ca)

**Big Brothers Big Sister of Hamilton and Burlington** 905-525-3860

[www.callbigbrothers.com/en/Home/default.aspx](http://www.callbigbrothers.com/en/Home/default.aspx)

**Banyon Community Services** 905-544-7778

[www.banyancommunityservices.org](http://www.banyancommunityservices.org)

**Catholic Children's Aid Society of Hamilton** 905-525-2012

[www.hamiltonccas.on.ca](http://www.hamiltonccas.on.ca)

**Catholic Family Services** 905-527-3823

[www.cfshw.com](http://www.cfshw.com)

**Centre de Santé Communautaire** 905-528-0163

[www.cschn.ca/](http://www.cschn.ca/)

**Children's Aid Society of Hamilton** 905-522-1121

[www.hamiltoncas.com](http://www.hamiltoncas.com)

**City of Hamilton Police Service** 905-546-4925

[hamiltonpolice.on.ca/](http://hamiltonpolice.on.ca/)

Victims of Crime [hamiltonpolice.on.ca/about/sections-units/victims-crime](http://hamiltonpolice.on.ca/about/sections-units/victims-crime)

**City of Hamilton Housing Services** 905-546-2424 x3901

[www.hamilton.ca/social-services/housing](http://www.hamilton.ca/social-services/housing)

**City of Hamilton Public Health** 905-546-3500

[www.hamilton.ca/public-health/health-topics/parenting-and-safety](http://www.hamilton.ca/public-health/health-topics/parenting-and-safety)

Mental Health [www.hamilton.ca/public-health/clinics-services/mental-health-services](http://www.hamilton.ca/public-health/clinics-services/mental-health-services)

Parenting Groups [www.hamilton.ca/public-health/classes/parenting-groups-in-hamilton](http://www.hamilton.ca/public-health/classes/parenting-groups-in-hamilton)

Parenting Programs & Services [www.hamilton.ca/public-health/clinics-services/parenting-programs-services](http://www.hamilton.ca/public-health/clinics-services/parenting-programs-services)

**City of Hamilton Ontario Works** 905-546-4800

[www.hamilton.ca/HealthandSocialServices/SocialServices/OntarioWorks](http://www.hamilton.ca/HealthandSocialServices/SocialServices/OntarioWorks)

**CONTACT Hamilton** 905-570-8888

[www.contacthamilton.ca](http://www.contacthamilton.ca)

**Crisis Outreach and Support Team (COAST) Crisis Line** 905-972-8338

[www.coasthamilton.ca](http://www.coasthamilton.ca)

**Dawn Patrol Child & Youth Services** 905-526-9529

[www.dawnpatrol.on.ca/](http://www.dawnpatrol.on.ca/)

**De dwa da dehs nye>s Aboriginal Health Centre** 905-544-4320

[aboriginalhealthcentre.com/](http://aboriginalhealthcentre.com/)

**Disability Information Service Helpline** 905-546-3474

[www.myhamilton.ca/articles/dish-disability-information-service-helpline](http://www.myhamilton.ca/articles/dish-disability-information-service-helpline)

**Early Years Information Line** 905-524-4884

[informationhamilton.ca/redbook/childcare](http://informationhamilton.ca/redbook/childcare)

**Elizabeth Fry Society** 905-527-3097

[efrysouthernontarioregion.org/](http://efrysouthernontarioregion.org/)

**Employment Hamilton** 905-522-4902

[www.employmenthamilton.com](http://www.employmenthamilton.com)

**Family Access Centre of Hamilton** 905-522-9922 x139

sac@ywcahamilton.org

**Good Shepherd Centres** 905-528-9109

[www.goodshepherdcentres.ca](http://www.goodshepherdcentres.ca)

**Hamilton Best Start** 905-546-2424 x3010

[hamiltonbeststart.ca/](http://hamiltonbeststart.ca/)

**Hamilton Community Legal Clinic** 905-527-4572

[www.hamiltonjustice.ca](http://www.hamiltonjustice.ca)

**Hamilton Family Health Team** 905-975-6667

[www.hamiltonfht.ca](http://www.hamiltonfht.ca)

**Hamilton Law Association**

Find a Lawyer [www.hamiltonlaw.on.ca/find-a-lawyer](http://www.hamiltonlaw.on.ca/find-a-lawyer)

**Hamilton Regional Indian Centre** 905-548-9593

[www.hric.ca](http://www.hric.ca)

**Hamilton Urban Core Community Health Centre** 905-522-3233

[www.hucchc.com](http://www.hucchc.com)

**Housing Help Centre** 905-526-8100

[www.housinghelpcentre.ca/](http://www.housinghelpcentre.ca/)

**Immigrants Working Centre (IWC)** 905-529-5209

[iwchamilton.ca/](http://iwchamilton.ca/)

**Interval House 905-387-9959 Crisis Line 905-387-8881**

[intervalhousehamilton.org/](http://intervalhousehamilton.org/)

Women's Centre of Hamilton 905-522-0127

Jared's Place Legal Advocate Program 905-522-0127 x207

Flamborough Women's Resource Centre 289-895-8580

Shelters [wawg.ca/getting-help/shelters](http://wawg.ca/getting-help/shelters) Safety Planning [intervalhousehamilton.org/thinking-leaving](http://intervalhousehamilton.org/thinking-leaving)

**Interpreters Niagara/Hamilton 905-682-1900 x218**

[www.incommunities.ca/interpreters-niagarahamilton/](http://www.incommunities.ca/interpreters-niagarahamilton/)

**Jewish Family and Child Services 905-627-9922**

[www.jewishhamilton.org](http://www.jewishhamilton.org)

**John Howard Society of Hamilton Burlington & Area 905-522-4446**

[www.jhshamilton.on.ca](http://www.jhshamilton.on.ca)

**LGBTQ Community Wellness Centre of Hamilton 905-525-0300**

[www.thewellhamilton.ca/](http://www.thewellhamilton.ca/)

**Lynwood Charlton Centre 905-389-1361**

[lynwoodcharlton.ca/](http://lynwoodcharlton.ca/)

**McMaster Children's Hospital Child and Youth Mental Health Program 905-521-2100 x74382**

[www.mcmasterchildrensmentalhealth.ca/](http://www.mcmasterchildrensmentalhealth.ca/)

**Muslim Association of Hamilton 905-383-1526; 905-544-9016**

[hamiltonmosque.com/](http://hamiltonmosque.com/)

**Ontario Disability Support Program (ODSP) 905-521-7280**

[www.inform.hamilton.ca/record/HAM0632?Number=25](http://www.inform.hamilton.ca/record/HAM0632?Number=25)

**Native Women's Centre 1-888-308-6559**

[www.nativewomenscentre.com/](http://www.nativewomenscentre.com/)

**Neighbour to Neighbour Centre 905-574-1334**

[www.n2ncentre.com/family-services/](http://www.n2ncentre.com/family-services/)

**North Hamilton Community Health Centre 905-523-6611 x2000**

[www.nhchc.ca/](http://www.nhchc.ca/)

**The Redbook of Hamilton: Directory of Community Services 905-528-8127; 211**

[informationhamilton.ca/redbook](http://informationhamilton.ca/redbook)

**Sexual Assault Centre of Hamilton & Area (SACHA) Crisis Line 905-525-4162**

[www.sacha.ca](http://www.sacha.ca)

**Thrive Child and Youth Trauma Services 905-523-1020**

[www.thrivechildandyouth.ca/index.php](http://www.thrivechildandyouth.ca/index.php)

**Woodview Mental Health and Autism Services** 905-689-4727  
[woodview.ca/](http://woodview.ca/)

**Youth Wellness Centre** 905-522-1155 x31725  
[www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/youth-wellness-centre](http://www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/youth-wellness-centre)

## **COMMUNITY ORGANIZATIONS IN THE REGION OF WATERLOO**

**Beth Jacob Congregation of Kitchener-Waterloo** (Modern Orthodox Synagogue) 519-743-8422  
[www.bethjacobkw.ca](http://www.bethjacobkw.ca)

**Bridging Employment Supports** 1-866-387-6660 x4087  
[wwd.cmha.ca/our-services/employmentservices/](http://wwd.cmha.ca/our-services/employmentservices/)

**Cambridge Careers Connection** 519-622-0815  
[www.cambridgecareerconnections.com](http://www.cambridgecareerconnections.com)

**Canadian Mental Health Association – Waterloo Wellington Dufferin** 1-844-264-2993  
[www.cmhagrb.on.ca/](http://www.cmhagrb.on.ca/)

**Carizon Family and Community Services** 519-743-6333  
[www.carizon.ca](http://www.carizon.ca)  
 Child & Parent Place (Supervised Access Centre) 519-743-1460 x1298  
[www.lutherwood.ca/mentalhealth/capp](http://www.lutherwood.ca/mentalhealth/capp)

**City of Cambridge**  
[www.cambridge.ca](http://www.cambridge.ca)

**City of Kitchener**  
[www.kitchener.ca](http://www.kitchener.ca)

**Collaborative Family Law Association Waterloo-Wellington**  
[www.collaborativelaw-waterloo.com/](http://www.collaborativelaw-waterloo.com/)

**CRISIS LINE: HERE 24/7 1-844-437-3247**  
[www.here247.ca](http://www.here247.ca)

**Family and Children’s Services of the Waterloo Region** 519-576-0540  
[www.facswaterloo.org](http://www.facswaterloo.org)

**Family Counselling Centre of Cambridge and North Dumfries** 519-621-5090  
[fccnd.com/](http://fccnd.com/)

**India-Canada Association Waterloo Region**  
[www.icawaterloo.com/](http://www.icawaterloo.com/)

**Interfaith Community Counselling Centre** 519-662-3092

[www.interfaithcounselling.ca/](http://www.interfaithcounselling.ca/)

**Islamic Humanitarian Service** 519-576-7111

[www.al-haqg.com/index.php?option=com\\_content&view=frontpage&Itemid=1](http://www.al-haqg.com/index.php?option=com_content&view=frontpage&Itemid=1)

**John Howard Society of Waterloo-Wellington** 519-743-6071

Partner Assault Response Program (PARS), Caring Dads Program

[www.waterloo.johnhoward.on.ca](http://www.waterloo.johnhoward.on.ca)

**KW Counselling Services** 519-884-0000

[www.kwcounselling.com/](http://www.kwcounselling.com/)

**Kitchener-Waterloo Multi-Cultural Centre** 519-745-2531

[www.kwmc.on.ca](http://www.kwmc.on.ca)

**Lutherwood** Walk-in Counselling and Mobile crisis stabilization services for youth and families:

Front Door (Kitchener) and Langs (Cambridge) 519-749-2932

[www.lutherwood.ca/mentalhealth/crisis-services](http://www.lutherwood.ca/mentalhealth/crisis-services)

**Muslim Social Services** 519-772-4399 x3

[muslimsocialserviceskw.org/](http://muslimsocialserviceskw.org/)

**Older Adult Programs & Services**

Breithaupt Community Centre: 519-741-2502; Downtown Community Centre: 519-741-2501;

Rockway Centre: 519-741-2507

[www.kitchener.ca/en/livinginkitchener/OlderAdultProgramsService.asp](http://www.kitchener.ca/en/livinginkitchener/OlderAdultProgramsService.asp)

**Ray of Hope** (Community Youth Services) 519-578-8018

[www.rayofhope.net](http://www.rayofhope.net)

**Region of Waterloo** 519-575-4400

[www.regionofwaterloo.ca/](http://www.regionofwaterloo.ca/)

**Sexual Assault Support Centre of Waterloo Region** 519-741-8633

[www.sascwr.org](http://www.sascwr.org)

**Sunbeam Residential Development Centre** (Developmental Disabilities) 519-893-6200

[www.sunbeamcentre.com](http://www.sunbeamcentre.com)

**Waterloo Regional Police Services** 519-653-7700

[www.wrps.on.ca](http://www.wrps.on.ca)

**Wellington County** 519-837-2600

[www.wellington.ca](http://www.wellington.ca)

**Wellington Women's Crisis** (Guelph) 519-836-1110

[www.gwwomenincrisis.org](http://www.gwwomenincrisis.org)

**Women's Crisis Services of Waterloo Region** 1-800-410-4482

[www.wcswr.org](http://www.wcswr.org)

**Woolwich Counselling Centre** 519-669-8651

[woolwichcounselling.org/](http://woolwichcounselling.org/)

## **COMMUNITY ORGANIZATIONS IN GUELPH & WELLINGTON COUNTY**

**Access Information and Referral (AIR)** (developmental services) 519-824-4015; 1-877-216-1116

[www.accessinformation.ca](http://www.accessinformation.ca)

**Child & Parent Place, Supervised Access Centre** 519-822-4141 x1532 (intake office)

[www.lutherwood.ca](http://www.lutherwood.ca)

**Community Closet – New Life Christian Reformed Church** 519-823-5851

[www.newlifecrc.net](http://www.newlifecrc.net)

**Community Links Community Information Database** 519-822-0912; 1-866-693-3318

[communitylinks.cioc.ca/](http://communitylinks.cioc.ca/)

**County of Wellington Child Care Services** (child care subsidies) 1-800-265-7294 x3090 or 519-837-3620

[www.wellington.ca](http://www.wellington.ca) (social services area)

**Distress, Emergency Shelter Referral & Youth Line, Community Torchlight** 1-888-821-3760

[www.communitytorchlight.com](http://www.communitytorchlight.com)

**DivorceCare & DivorceCare for Kids (DC4K)** 519-836-8141 x225

Weekly meetings to help your family manage the transition through divorce

[lakesidechurch.ca/ministries/support-recovery/](http://lakesidechurch.ca/ministries/support-recovery/)

**Family & Children's Services of Guelph and Wellington County** 1-800-265-8300; 519-824-2410

[www.fcsgw.org/en](http://www.fcsgw.org/en)

**Family Counselling and Support Services for Guelph-Wellington** 519-824-2431; 1-800-307-7078

[www.familyserviceguelph.on.ca](http://www.familyserviceguelph.on.ca)

**Guelph Community Health Centre** 519-821-6638 x328 or 382 Option 3 (Early Years); Option 0 (Info)

[www.guelphchc.ca](http://www.guelphchc.ca)

Parent-Child Place (birth – 6 years)

**Guelph and Wellington Women in Crisis** 1-800-265-7233; 519-836-5710

[www.gwwomenincrisis.org](http://www.gwwomenincrisis.org)

**Here 24x7 – Addictions, Mental Health & Crisis Services** 1-844-437-3247

[www.here247.ca](http://www.here247.ca)

**Immigrant Services Guelph-Wellington** 519-836-2222

[www.is-gw.ca](http://www.is-gw.ca)



**Parents Without Partners, Royal City Chapter (#0395), 519-823-0227**  
[www.parentswithoutpartners.org](http://www.parentswithoutpartners.org)

**University of Guelph, Couple and Family Therapy 519-824-4120 x56335**  
[www.cftcentre.uoguelph.ca](http://www.cftcentre.uoguelph.ca)

**Wyndham House Youth Resource Centre 519-822-4400**  
[www.wyndhamhouse.org](http://www.wyndhamhouse.org)

## **COMMUNITY ORGANIZATIONS IN BRANTFORD & BRANT COUNTY**

**Best Start Brantford 519-756-3150**  
[www.ourbeststart4brant.ca](http://www.ourbeststart4brant.ca) beststart@brantford.ca

**Big Brothers Big Sisters 519-759-3222; 1-800-268-8784**  
[www.bigbrothersbigsisters.ca](http://www.bigbrothersbigsisters.ca)

**Brant County Health Unit 519-753-4937**  
[www.bchu.org](http://www.bchu.org)

**Brant Family and Children's Services 519-753-8681; 1-888-753-8681**  
 Family Resource Centre 519-753-8681 x208  
[www.brantfacs.ca](http://www.brantfacs.ca)

**Brant Haldimand Norfolk Collaborative Family Law Group**  
[www.collaborativefamilylawgroup.ca/](http://www.collaborativefamilylawgroup.ca/)

**Brantford, Child Care Services Department 519-756-3150**  
[www.brantford.ca/residents/support\\_services/child\\_care/Pages/default.aspx](http://www.brantford.ca/residents/support_services/child_care/Pages/default.aspx)

**Brantford Family YMCA 519-752-6568**  
[www.ymcahbb.ca](http://www.ymcahbb.ca)

**Canadian Mental Health Association, Brant County Branch 519-752-2998**  
[www.brant.cmha.ca](http://www.brant.cmha.ca)

**Community Information Brant, Haldimand & Norfolk 519-758-8228**  
[haldimand.cioc.ca/](http://haldimand.cioc.ca/)

**Community Legal Clinic of Brant Haldimand Norfolk 519-752-8669; 1-888-341-5021**  
[www.bhnlegalclinic.ca/contact-us/](http://www.bhnlegalclinic.ca/contact-us/)

**Community Support Services-City of Brantford 519-759-4150**  
[www.brantford.ca/residents/support\\_services/Pages/default.aspx](http://www.brantford.ca/residents/support_services/Pages/default.aspx)

**Contact Brant for Children's and Developmental Services 519-758-9507**  
[www.contactbrant.net](http://www.contactbrant.net)

**Dalhousie Place – Supervised Access Centre** 519-751-0466

[www.execulink.com/~bdsupacc](http://www.execulink.com/~bdsupacc)

**Family Counselling Centre of Brant** 519-753-4173

[www.fccb.ca](http://www.fccb.ca)

**Grand River Community Health Centre** 519-754-0777

[www.grandriverchc.ca](http://www.grandriverchc.ca)

**Kids Can Fly** 519-752-9482

[www.kidscanfly.ca](http://www.kidscanfly.ca)

**Newcomer Connections Brantford Brant**

[www.newcomerconnections.ca/En/Pages/default.aspx](http://www.newcomerconnections.ca/En/Pages/default.aspx)

**Nova Vita Women’s Services** 519-752-1005 x221 **Crisis Line 519-752-4357**

[www.novavita.org](http://www.novavita.org)

**Ontario Disability Support Program; Brant** 519-756-5790; 1-866-729-2228

**Ontario Early Years Centre: Brant** 519-759-3833

[www.eycbrant.ca/oeyc](http://www.eycbrant.ca/oeyc)

**Ontario Works Brant** 519-759-3330

[www.brantford.ca/residents/support\\_services/Pages/FinancialEmploymentServicesPage.aspx](http://www.brantford.ca/residents/support_services/Pages/FinancialEmploymentServicesPage.aspx)

**Sexual Assault Centre of Brant** 519-751-1164 **24 hour Crisis and Support line: 519-751-3471**

[sacbrant.ca](http://sacbrant.ca)

Taylor the Turtle [taylorsrights.ca](http://taylorsrights.ca)

**Salvation Army – Brantford, Booth Centre** 519-753-4193

[www.salvationarmy.ca](http://www.salvationarmy.ca)

**St. Leonard’s Community Services** 519-759-8830; **Crisis Lines 519-579-7188; 1-866-811-7188**

[www.st-leonards.com/](http://www.st-leonards.com/)

Caring Families 519-752-1005 x239

**Woodview Mental Health and Autism Services** 905-689-4727

[woodview.ca/](http://woodview.ca/)

**YMCA Immigrant Settlement Services** 519-752-4568

[www.newcomerconnections.ca/En/Living/SupportServices/YMCA-ISS/Pages/default.aspx](http://www.newcomerconnections.ca/En/Living/SupportServices/YMCA-ISS/Pages/default.aspx)

**Aboriginal Services (Brant)**

**Brantford Native Housing** 519-756-2205, Aboriginal Family Court Work Program 519-753-5408 x227  
[www.brantfordnativehousing.com/](http://www.brantfordnativehousing.com/)

**Community Action Program for Children (CAPC)** 519-753-5408 x232  
[www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/capc-pace/index-eng.php](http://www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/capc-pace/index-eng.php)

**De dwa da dehs nye>s Aboriginal Health Centre** 519-752-4340  
[aboriginalhealthcentre.com/](http://aboriginalhealthcentre.com/)

**Ganohkwasra Family Assault Support Services Crisis Line 519-445-4324**  
[www.ganohkwasra.ca](http://www.ganohkwasra.ca)

**Six Nations Child Care Resource Centre** 519-445-2565  
[www.sixnations.ca/ssccResourceDropIn.htm](http://www.sixnations.ca/ssccResourceDropIn.htm)

**COMMUNITY ORGANIZATIONS IN HALDIMAND & NORFOLK COUNTIES**

**Brant Haldimand Norfolk Collaborative Family Law Group**  
[www.collaborativefamilylawgroup.ca/](http://www.collaborativefamilylawgroup.ca/)

**The Caledonia and District Food Bank**  
[www.caledoniafoodbank.blogspot.com](http://www.caledoniafoodbank.blogspot.com)

**Canadian Mental Health Association (Simcoe)** 519-428-2380; 1-888-750-7778  
[www.cmha-hn.ca](http://www.cmha-hn.ca)

**Children's Aid Society of Haldimand and Norfolk** 519-587-5437  
[www.cashn.on.ca/](http://www.cashn.on.ca/)

**Community Information Brant, Haldimand & Norfolk** 519-758-8228  
[haldimand.cioc.ca/](http://haldimand.cioc.ca/)

**Community Legal Clinic of Brant Haldimand Norfolk** 519-752-8669; 1-888-341-5021  
[www.bhnlegalclinic.ca/contact-us/](http://www.bhnlegalclinic.ca/contact-us/)

**Community Resources – Haldimand County**  
[www.haldimandcounty.on.ca/residents.aspx?id=12497](http://www.haldimandcounty.on.ca/residents.aspx?id=12497)

**Community Support Centre of Haldimand-Norfolk** 905-765-4408  
[www.haldnor-communitysupport.ca](http://www.haldnor-communitysupport.ca)

**Dalhousie Place – Supervised Access Centre** Caledonia 905-765-1661 x222; Simcoe 519-428-4838 x32  
[www.execulink.com/~bdsupacc/http](http://www.execulink.com/~bdsupacc/http) [www.execulink.com ~bdsupacc/Welcome.html](http://www.execulink.com/~bdsupacc/Welcome.html)

**Haldimand and Norfolk Social Services**  
 Delhi 519-582-3579; Haldimand County 905-318-6623; Simcoe 519-426-6170 [www.hnss.org/](http://www.hnss.org/)

**Haldimand and Norfolk Women's Services** 519-426-8048 **Crisis Line 1-800-265-8076**

[www.hnws.on.ca/](http://www.hnws.on.ca/)

**Haldimand-Norfolk Reach** 519-587-2441; 1-800-265-8087

[www.hnreach.on.ca](http://www.hnreach.on.ca)

**Health Unit Haldimand-Norfolk**

Caledonia 905-318-5367; Dunnville 905-318-6623; Langton 519-875-4485; Simcoe 519-426-6170

[hnhu.org/](http://hnhu.org/)

**Norfolk Community Help Centre** (Langton) 519-875-4601

[haldimand.cioc.ca/record/SIM1559](http://haldimand.cioc.ca/record/SIM1559) nchc@kwic.com

**Salvation Army – Haldimand-Norfolk, Community and Family Services** 905-774-4251; 1-866-882-9910

[www.salvationarmy.ca](http://www.salvationarmy.ca)

### BOOKS FOR CHILDREN




Available at a Public Library  
Available to order online



#### **The Case of the Scary Divorce (ages 7-9)**

Pickhardt, C.E. Washington, DC: Magination Press, 1997 


#### **Cosmos' Mom and Dad Are Moving Apart (ages 3-6)**

Thiel, A. Los Angeles: Playdate Kids Publishing, 2006 

#### **Dinosaurs Divorce: A Guide for Changing Families**

Brown, M. & Krasny Brown, L. New York: Little, Brown and Company, 1986  

#### **Divorce Happens to the Nicest Kids: A Self Help Book for Kids**

Prokop, M.S. Ohio: Alegria House Publishers, 1996 



#### **The Divorce Helpbook for Kids (ages 8-12)**

MacGregor, C. California: Impact Publishers, Inc., 2001 



#### **Fred Stays With Me**

Coffelt, N. New York: Little, Brown and Company, 2007  



#### **It's Not Your Fault, Koko Bear: A Read-Together Book for Parents and Young Children During Divorce**

Lansky, V. Minnesota: Book Peddlers, 2003  

#### **Let's Talk About It: Divorce**

Rogers, F. New York: G. P. Putnam's Sons, 1996  



#### **Let's Talk About Your Parents' Divorce**

Weitzman, E. New York: The Rosen Publishing Group, Inc, 1996  

#### **Megan's Two Houses: A Story of Adjustment**

Jong, E. Vancouver, New Star Press, 1996 


**Mom and Dad Don't Live Together Anymore**

Stinson, K. Toronto: Annick Press, 2007  


**Mom's House, Dad's House for Kids: Feeling At Home in One Home or Two**

Ricci, I. New York: Firesire, 2006  

**My Life Turned Upside Down, But I Turned It Rightside Up**

Field, M.B. & Shore, H. Childswork/Childsplay, 1994 



**My Parents Are Divorced Too: A Book For Kids by Kids**

Ford, M. et al. Washington, DC: Magination Press, 2006 

**Two Homes**

Masurel, C. Massachusetts: Candlewick Press, 2001  



**What in the World Do You Do When Your Parents Divorce?: A Survival Guide for Kids**

Winchester, K. & Beyer, R. Minnesota: Free Spirit Publishing, Inc, 2001.  



**Why Are We Getting a Divorce?**

Mayle, P. New York, Harmony Books, 1988  

**BOOKS FOR ADULTS****The Collaborative Way to Divorce: The Revolutionary Method That Results in Less Stress, Lower Costs, and Happier Kids – Without Going to Court**

Ousky, R. & Webb, S.G. New York: Hudson Street Press, 2006  

**Does Wednesday Mean Mom's House Or Dad's?: Parenting Together While Living Apart**

Ackerman, M.J. New York: John Wiley & Sons, 1996  


**The Equal Parent Presumption: Social Justice in the Legal Determination of Parenting after Divorce**

Kruk, E. Montreal: McGill-Queen's University Press, 2013 



**Helping Your Child Survive Divorce**

Shaw, M.A. New Jersey: Carol Publishing Group, 1997  


**Helping Your Kids Survive Your Divorce**

Whiteman, T.A. Minnesota: Revell Books, 2006 


**Helping Your Kids Cope with Divorce the Sandcastles Way**

Neuman, M.G. Random House, 1999  

**Joint Custody with a Jerk: Raising A Child With An Uncooperative Ex**

Ross, J.A. New York: St. Martin's Press, 1996 

**Mom's House, Dad's House: Making Two Homes for Your Child**

Ricci, I. New York: Fireside, 1997  


**Parenting After Divorce: Resolving Conflicts and Meeting Your Children's Needs (2<sup>nd</sup> Edition)**

Stahl, P.M. California: Impact Publishers, Inc., 2007.



**Putting Children First: A Guide for Parents Breaking Up**

McDonough, H, & Bartha, Christina. Toronto: University of Toronto Press, 1999  



**The Stepkin Stories; Helping Children Cope with Divorce and Adjust to Stepfamilies**

Lumpkin, P. Wilsonville, Bookpartners, Inc, 1999 

**Surviving Your Divorce: A Guide to Canadian Family Law**

Cochrane, M.G. Toronto: Wiley Press, 2007  

**The Truth about Children and Divorce: Dealing With the Emotions So Your Children Can Thrive**

Emery, R.E. Toronto: Penguin Group, 2006  

**Tug of War: A Judge's Verdict on Separation, Custody Battles & the Bitter Realities of Family Court**

Brownstone, H. Toronto: ECW Press, 2009



**We're Still Family: What Grown Children Have to Say About Their Parents' Divorce**

Ahrons, C. New York: Harper Collins, Publishing, 2004  

**What about the Kids? Raising Your Children Before, During, and After Divorce**

Wallerstein, J.S. & Blakeslee, S. New York: Hyperion, 2003  

**"Why did you have to get a divorce? And when can I get a hamster?" A Guide to Parenting Through Divorce**

Wolf, A.E. New York: Noonday Press, 1998  

**RESOURCES FOR TEENS**

A Teen Guide to Divorce

[www.cameronlawpllc.com/wp-content/uploads/2012/07/teenguide.pdf](http://www.cameronlawpllc.com/wp-content/uploads/2012/07/teenguide.pdf)

Teen Guides to Separation and Divorce

[teens.familieschange.ca](http://teens.familieschange.ca)


Teens: Dealing with divorce

[kidshealth.org/LAWW/en/teens/divorce.html](http://kidshealth.org/LAWW/en/teens/divorce.html)

**RESOURCES FOR GRANDPARENTS****Helping Your Grandchildren through Their Parents' Divorce**

Schrager Cohen, J. New York: Walker, 1994  

**Long-Distance Grandma: How to Stay Connected with Grandkids Far Away**

Colsher Teitsort, J. Baker Book House, 1998.  

**CANGRANDS**

[www.cangrands.com/](http://www.cangrands.com/)

**GRAND Society** Hamilton Chapter 905-385-6561

[grand.coparent.ca/](http://grand.coparent.ca/)

## RESOURCES FOR STEP-PARENTING AND BLENDED FAMILIES

### **Blended Family Bliss: The Practical Guide to Blending Your Family**

Matthews, B.R. Maryland: PublishAmerica, 2005. 📖 🔒

### **Everything You Need to Know About Step-Families**

Glassman, B. New York: Rosen Publishing Group, 1994. 📖 🔒

### **Making Peace in Your Stepfamily: Surviving and Thriving as Parents and Stepparents**

Bloomfield, H.H. New York: Hyperion, 1993. 📖 🔒

### **The Smart Stepfamily**

Deal, R.L. Minnesota: Bethany House, 2002. 📖 🔒

### **Step-By Step-Parenting: A Guide to Successful Living with a Blended Family**

Eckler, J.D. Ohio: Betterway Books, 1993. 📖 🔒

### **Stepcoupling: Creating and Sustaining a Strong Marriage in Today's Blended Family**

Wisdom, S. & Green, J. New York: Crown Publishing Group, 2002. 🔒

### **Stepfamilies**

Grunsell, A. Toronto: Gloucester Press, 1990. 📖 🔒

### **Step Parenting and the Blended Family: Recognizing the Problems and Overcoming the Obstacles**

Wooding, S. Markham: Fitzhenry and Whiteside, 2008. 📖 🔒

### **Teach Yourself Successful Step-Parenting**

Hayman, S. New York: McGraw-Hill, 2008. 🔒

### **When Your Parent Remarries Later in Life: Making Peace with Your Adult Stepfamily**

Smith, T.P. Massachusetts: Adams Media, 2007. 📖 🔒

**Step and Blended Family Institute** 905-936-7837

[www.stepinstitute.ca/](http://www.stepinstitute.ca/) or [step.blended@sympatico.ca](mailto:step.blended@sympatico.ca)

## LONG DISTANCE PARENTING RESOURCES

### **101 Ways To Be A Long-Distance Super Dad Or Mom Too!**

Newman, G. Oregon: Robert D. Reed Publishers, 2006. 🔒

### **Dads at a Distance: An Activities Handbook For Strengthening Long Distance Relationships**

The National Institute for Building Long Distance Relationships. Utah: A&E Family Publishers, 2001. 🔒

### **Helping Your Kids Connect: 250 Activities to Help Your Children Stay Connected to Their Long Distance Mom/Dad**

The National Institute for Building Long Distance Relationships. Utah: A&E Family Publishers, 2001. 🔒

### **How to Parent with your Ex: Working Together for your Child's Best Interest**

McWhorter Sember, B. Illinois: Sphinx Publishing, 2005. 📖 🔒

### **Live-away Dads: Staying a Part of Your Children's Lives When They Aren't a Part of Your Home**

Klatte, W.C. New York: Penguin Books, 1999. 📖 🔒

### The Long-Distance Dad

Ashley, S. Ohio: Adams Media Corporation, 2008. ☺

### Moms over Miles: An Activities Handbook For Strengthening Long Distance Relationships

The National Institute for Building Long Distance Relationships. Utah: A&E Family Publishers, 2001. ☺

[www.afccnet.org/resource-center/resources-for-families/pamphlet-information/categoryid/1/productid/11](http://www.afccnet.org/resource-center/resources-for-families/pamphlet-information/categoryid/1/productid/11)

[www.divorcehelpforparents.com/long-distance-parenting.html](http://www.divorcehelpforparents.com/long-distance-parenting.html)

[www.psychologytoday.com/blog/co-parenting-after-divorce/201310/relocation-and-co-parenting](http://www.psychologytoday.com/blog/co-parenting-after-divorce/201310/relocation-and-co-parenting)

## CHILDREN'S BEHAVIOUR AT DIFFERENT AGES & STAGES

Age	Typical Characteristics	Separation issues	How they might show their stress	Suggestions for parents
0-2 years	<ul style="list-style-type: none"> <li>*Infants are dependent on parents for meeting their needs</li> <li>*They develop a sense of trust through having a predictable and consistent caregiver</li> </ul>	<ul style="list-style-type: none"> <li>*Infants may feel the loss of contact with a primary caretaking parent</li> <li>* Loss of familiar and comfortable environment</li> </ul>	<ul style="list-style-type: none"> <li>*Difficulty toileting or sleeping</li> <li>* Slowing down in learning new skills</li> <li>*Afraid to leave parent; clingy with parent</li> <li>*general crankiness, temper tantrums, crying</li> </ul>	<ul style="list-style-type: none"> <li>*Attempt to allow both parents to bond with infant</li> <li>*Meet infant's needs promptly and consistently</li> <li>* try not to separate the infant from his or her primary caregiver for long periods of time</li> <li>*18 month to 2 year old children can tolerate longer separations from their primary caregiver than infants, especially if an older sister or brother will be with them.</li> <li>Prepare the child for the separation by explaining what will happen</li> </ul>
2-4 years	<ul style="list-style-type: none"> <li>*Growth of a sense of independence</li> <li>* Are able to keep absent parent in mind to comfort themselves for extended periods</li> <li>*Verbal skills develop for expression of feelings and needs</li> </ul>	<ul style="list-style-type: none"> <li>*May have a sense of responsibility for the separation</li> <li>* Are anxious about basic needs being met - food, shelter, visitation</li> <li>* May fantasize about reuniting parents</li> </ul>	<ul style="list-style-type: none"> <li>*Regression - returning to security blankets, old toys, lapses in toilet training</li> <li>*Making up fantasy stories</li> <li>*Anxious at bedtime, sleeping fitfully, waking frequently</li> <li>*Fear of being abandoned by both parents</li> <li>*Emotionally needy, seeking physical contact</li> <li>*More irritable, aggressive, has temper tantrums</li> </ul>	<ul style="list-style-type: none"> <li>*Reassure your pre-schooler by telling them you love them and cuddling them</li> <li>*Allow some regression</li> <li>*Keep routines consistent</li> <li>*Explain what is going to happen to the child and role play future events</li> <li>*Child will adapt to longer separations from one parent through frequent visits and overnights with the other parent</li> </ul>



5-8 years	<ul style="list-style-type: none"> <li>*Are developing peer and community relationships</li> <li>*Moral development progresses</li> </ul>	<ul style="list-style-type: none"> <li>*See the separation as their problem</li> <li>*May cling to fantasies that their parents will reunite</li> <li>*Fear abandonment and will long for absent parent regardless of the quality of the previous relationship</li> </ul>	<ul style="list-style-type: none"> <li>* General sadness, feeling abandoned and rejected</li> <li>* Crying and sobbing</li> <li>* Fantasizing about parents' reconciliation</li> <li>* Conflicts of loyalty; feeling physically torn apart; problems with impulsive behaviour</li> </ul>	<ul style="list-style-type: none"> <li>*Try to have each parent spend as much time with the child as possible</li> <li>*Allow the child to express his or her feelings</li> <li>*Help the child understand that the decision to separate had nothing to do with him or her</li> <li>*Encourage the child to draw pictures about her or his feelings, and to explain the story and what it means to him or her</li> </ul>
9-12 years	<ul style="list-style-type: none"> <li>* Children of this age are developing an increased awareness of self, evaluating own strengths and weaknesses as compared to others</li> <li>*Pre-adolescents are working at fitting in to the peer-level social order</li> </ul>	<ul style="list-style-type: none"> <li>*Although they see the separation as the parents' problem, they are often angry about the parents' inability to work the problems out</li> <li>*Likely to take sides, siding against the parent they think wanted the separation</li> </ul>	<ul style="list-style-type: none"> <li>*Intense anger at parent blamed for causing the separation</li> <li>*Physical complaints like headaches and stomach aches</li> <li>*Become overactive to avoid thinking about the separation</li> <li>*Feel ashamed of what's happening in the family and different from other kids</li> </ul>	<ul style="list-style-type: none"> <li>*Parents need to try to remain involved and honest, and to avoid blaming each other</li> <li>* Pre-adolescents can spend vacations with either parent</li> <li>*Children should be allowed to contact the other parent</li> <li>*Maintain a consistent routine</li> <li>*Inform the child of what is happening/what will occur</li> <li>*Keep teachers informed of any stress the child is feeling and get help for school problems</li> <li>*Give children permission to continue loving both parents</li> </ul>
13-18 years	<ul style="list-style-type: none"> <li>*Teens are solidifying their identity and establishing a sense of self in relation to the rules and regulations of society</li> </ul>	<ul style="list-style-type: none"> <li>*Embarrassment about family</li> <li>*Possible de-idealization of one or both parents</li> <li>*Will place peer needs ahead of family and therefore may not want to visit with non-custodial parent</li> </ul>	<ul style="list-style-type: none"> <li>*Withdraw from family life and spend more time with peers</li> <li>*Feel hurried to become independent</li> <li>*Engage in trying out behaviour such as sexual acting out, drinking, or drug experimentation</li> <li>*Worry about their own future loves and marriage</li> <li>*Chronic fatigue and difficulty concentrating</li> </ul>	<ul style="list-style-type: none"> <li>* Be consistent about discipline and limits while allowing for normal adolescent behaviour</li> <li>*Allow more freedom and choices</li> <li>*Find time to be with the teen and be flexible with their schedules</li> <li>*Give teens input about the visitation schedule, but don't burden them with the responsibility of deciding on the visitation schedule</li> </ul>

*Information Adapted from Positive Parenting, by Philippe Barrette and Children of Divorce, by Baris, M.A & Garrity, C.B*

## STEPS IN A CASE

