

## *BECAUSE KIDS ARE WORTH IT!*

*A 10-week group program  
for children dealing with issues of  
family break-up, loss, and grief.*

### Costs:

- \$30—screening interview for new clients
- \$300—program (\$30 per group for 10 sessions)
- Fees are to be paid in advance\*
- \*Note—subsidies are available

*We welcome people from all ethnic, cultural,  
racial and religious backgrounds.*

## Catholic Family Services of Toronto

*Catholic Family Services of Toronto is a non-profit organisation  
established in 1922. All staff members are professionally trained and  
have added to their knowledge, qualifications and specialist skills by  
working on a wide variety of issues and pursuing post graduate  
studies.*

**Executive Director: Brenda Spitzer, MSc, RP, RMFT**

### Central Toronto Office

The Catholic Pastoral Centre  
1155 Yonge Street, Suite 101  
Toronto, Ontario  
M4T 1W2  
(416) 921-1163

*Located at Shaftesbury Avenue  
And Yonge Street, next to the  
Summerhill Subway Station*

### North Toronto Office

245 Fairview Mall Drive, Suite 201  
Toronto, Ontario  
M2J 4T1  
(416) 222-0048

*Located east of the Fairview Mall.  
Don Mills is the closest Subway  
Station*

Catholic Family Services of Toronto is a scent-sensitive environment.

### MEMBER OF

Catholic Charities of the Archdiocese of Toronto  
Family Service Ontario



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

Catholic Family Services of Toronto is a Catholic Charities  
member agency supported by ShareLife.

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## **BECAUSE KIDS ARE WORTH IT!**

*Because Kids Are Worth It is a program for children dealing with issues of family break-up, loss, and grief.*

*Concerns are handled in a safe and accepting environment at our North Office here in Toronto.*

*Note: Fee subsidies are available!*

### **When parents separate, children are affected.**

Their world may be shattered and they can feel that they have no say in what is happening. They may feel conflicted because they love both parents and are loyal to them. They can feel guilty and may believe that they are responsible for the marriage breaking up.

These children need to talk, but to whom? At a time such as this, children may be unable to talk to either parent, possibly because the parents are so hurt that they are inaccessible, or because they don't want

to hurt them, or possibly because they don't have the words or feel secure enough to discuss what is bothering them.

However, if children do not talk about their reaction to their parents' separation, there is a real possibility that they will "bury it". This internalization may cause them to run into problems later on in interpersonal relationships.

For these reasons, Catholic Family Services of Toronto offers the "Because Kids are Worth It" program. In this program

we provide a safe and secure forum for children and their families to deal with their reaction to the separation.

### **How The Program Works**

For some children the initial task is to put into words just how they feel. This is done through counselling with a social worker who is skilled in helping children talk about their often jumbled feelings.

### **Groups also offered**

Once the child is comfortable with the social worker we offer them the opportunity to join a peer group. Three groups are offered: There are groups for children 5 to 7 years old, 8 to 10 years old and 11 to 14 years old.

We find that children are helped by sharing their thoughts, feelings and experiences about the separation with their peers. Their feelings are normalized and they begin to understand that they are not the only children whose parents have separated.

A wide range of techniques are used at this stage to help the children verbalize their feelings. These include: art, board-games, puppets and role-playing. Written and verbal exercises are also used.

Much of the work in this is psycho-educational, but it takes place in a play format, and through discussion.

*Individual, Family and Group Services - Call (416) 222-0048*