

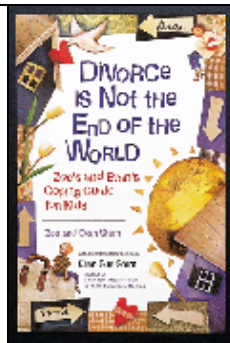
Resources that Help Teens

You can find these resources at your local library, bookstore,
www.activeparenting.com, or www.amazon.com



Mom's House, Dad's House for Kids by Isolina Ricci, 2006

This book offers kids practical ways to gain understanding through this family transition. Its message: Believe in yourself, take pride in your family, and use times of change to learn important life skills. (MCPL)*



Divorce is Not the End of the World: Zoe's & Evan's Coping Guide for Kids by Zoe & Evan Stern, 1997

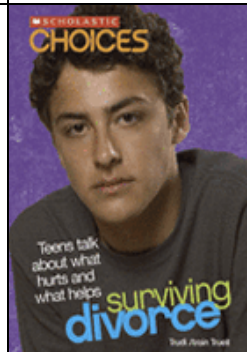
A teenage brother and sister, discuss topics relating to their parents' divorce, respond to letters from other kids, and offer tips based on their experience.

(MCPL)*



My Parents are Getting Divorced: How to keep it together when your mom and dad are splitting up by Floriense Cadier and Melissa Daly, 2004

This book explains the feelings and questions shared by teens and offers tips on how to deal with the changes. (MCPL)*



Surviving Divorce: Teens talk about what hurts and what helps by Trudi Strain Trueit, 2007

Teens talk about the shock of their parents' divorces and the choices they made when things at home were no longer 'normal'. (MCPL)*

Clay County Family Court Services offers two programs designed to help parents and teens develop the skills needed to address conflict and non-compliance with family rules.

Contact: Sue Southworth, Psy.D.(816) 736-8405

Parenting With Love and Limits is designed to give parents the tools they need to help them deal with a difficult or angry teen more effectively. Parents and children attend this class together.

Anger Management for Teens helps adolescents develop more acceptable ways to cope with and express angry feelings. It also teaches effective problem solving and communication techniques they can use with parents, friends, and school personnel.

Websites for teens

- www.youngwomenshealth.org/divorce.html
- www.kidshealth.org
- www.kidsturn.org
- www.bonusfamilies.com/bonus-teens.php
- www.missourifamilies.org

Counseling & Support

- Catholic Charities (816) 333-2040
- Healthy Families (816) 468-6336
- Kathy Harms & Assoc, PC (816) 452-7775
- Marlene Littleton, Therapist (816) 820-0306
- Pleasant Valley Baptist Church (816) 781-5959
- Synergy Services (816) 587-4100
- The Family Conservancy (913) 342-1110
- Tri-County (816) 468-0400

* MCPL indicates that the item is at the Mid-Continent Public Library www.mcpl.lib.mo.us

For more information contact the 7th Judicial Circuit Office of Dispute Resolution Services (816) 736-8400 or visit www.circuit7.net