

Why?

Children, as well as adults need information about the divorce process. The class helps identify feelings common to children in divorce situations, while teaching communication skills to empower children to express their feelings. The class covers the divorce process and explains that it is not the child's fault.

What?

The two hour class is taught by an experienced mental health professional who addresses the most common issues of children whose parents are divorcing and discusses coping skills.

When?

Classes are held twice a month in Salt Lake and once a month in Logan, Ogden, and Provo. For a current class schedule, go to www.utcourts.gov and search for Divorce Education for Children or call (801) 429-1037.

Where?

Salt Lake City-Scott M. Matheson Courthouse, 450 South State Street
Logan Courthouse-135 North 100 West
Ogden Courthouse-2525 Grant Ave.
Provo Courthouse-125 North 100 West

Cost?

There is no cost to attend. The classes are free of charge.

Here are some of the responses from children who have attended the class and parents whose children have attended the class:

"I learned that my parents decide why they want a divorce and I don't need to get caught up in it."

"I learned the divorce is not my fault."

"My child is more confident in talking about her anger and more able to express her hurt."



Administrative Office of the
Courts
450 South State Street
Salt Lake City, UT 84114
(801) 578-3800
www.utcourts.gov

**Divorce
Education for
Children**



**Classes are available in
Logan, Ogden, Provo
and Salt Lake City.**

www.utcourts.gov

Divorce Education for Children

When adults go through a divorce, there are programs available to assist them in making the transition, including a mandatory class offered through the Utah State Courts. But what about the children of divorcing parents? A gap exists between programs that are available for adults and classes available for children of divorcing parents. To fill this need, the Utah State Courts has developed a program called Divorce Education for Children.

Children's Class

A Divorce Education for Children class is available for children 9- to 12-years old (3rd, 4th, 5th, and 6th grades) whose parents are divorced or divorcing. The class is presented twice each month in Salt Lake and once a month in Logan, Ogden, and Provo.

The program's curriculum provides children with skills they can use to better express their feelings to parents. Mental health professionals teach the class with the assistance from state court judges and commissioners.

The class is not intended as psychotherapy and participation in the children's class is voluntary. The class is offered free of charge.

Children often feel responsible for their parents' divorce. The course is designed to minimize the adverse effects divorce has on children by teaching them coping skills.

In 2011, 14,854 divorce cases were filed in Utah; 11,875 children were involved in those cases.

Divorce Education for Children--a subcommittee of the Standing Committee on Judicial Outreach--has developed this program.

To register for an upcoming class, return the attached form or call (801) 578-3897 with questions.

Pre-registration is mandatory

A confirmation will be sent to you prior to the class. You should plan to arrive 10 minutes prior to the start of the class. We hope this will help with a smooth transition for your child(ren) during your divorce.

Please note, the class is intended only for children. Parents and others will not be allowed to attend the class.

Registration

Here's How to Register.

Please fill out the information listed below:

Residential Parent Name:

Children's Names and Ages:

Address: _____

Phone: _____

E-mail: _____

Class Date to Attend: _____

Send your completed form to:

Dakota Matherly
Divorce Education for Children
P.O. Box 140241
Salt Lake City, UT 84114-0241
Phone (801) 583-3897
e-mail: dec@utcourts.gov
