



Resources On Divorce Issues

Community Resources & Websites:

JoCoFamily.Net (www.jocofamily.net) Developed by Johnson County Library, this website provides a wealth of information on divorce. Ask a question: jclref@jocolibrary.org
(913) 495-9100

Community Connection (www.communityconnection.org) Search this site for support groups, social services, community agencies, and nonprofits.

Kansas Divorce (www.divorcesupport.come/divorce/Kansas-Divorce-2493.html) Find here a list of divorce professionals, laws, an online support forum, and articles provided by professionals.

MedlinePlus: Divorce (www.nlm.nih.gov/medlineplus/divorce.html) Visit this site for guidance on stress management, co-parenting, and helping children deal with divorce.

FirstGov for Parents (www.parents.gov) Search this gateway to government information for parents.

Johnson County Mental Health (www.jocogov.org/mentalhealth) Individual, family, and co-parent therapy is available here for Johnson County residents. For crises, nights and week-ends, call 913-384-3535. During regular hours: Mission (913) 831-2550; Olathe (913) 782-2100

Community Counseling Services (www.umkc.edu/ccs) Visit this site for low-cost counseling services. (816) 235-2725

Mental Health Association of the Heartland (www.mhah.org) Contact this group for a list of support groups and more. (913) 281-2221

United Way of Johnson County (www.unitedwayjoco.org) See this site or dial 211 for referrals and other assistance.

Family Conservancy (www.thefamilyconservancy.org) Contact this group for individual and family counseling, early childhood care and education, and community-based family support. (913) 342-1110

Kansas Department of Social and Rehabilitation Services (www.srskansas.org/accesspoints/parenting.htm) Provides support to keep children in the home. 1-888-369-4777

Kansas Children's Service League (www.kcsl.org) Serves parents and children, including a "Parent Helpline" (24 hour help for parents & youth 1-800-332-6378)

Books, Online Documents

15+, Make Time to Listen. Take Time to Talk. Center for Mental Health Services, 2004. (VF Parenting; purl.access.gpo.gov/GPO/LPS59955) This two-page document gives clear ideas about how to communicate with your child.

Adventures in Parenting. National Institute of Child Health and Human Development, 2001(649.1 Adventur 2001; purl.access.gpo.gov/GPO/LPS17379) Describes how responding, preventing, monitoring, and modeling can help you be a successful parent.

Mom's House. Dad's House. Ricci, Isolina. Simon & Schuster, 1997. (306.89 Ricci) This classic is a complete guide for parents who are separated, divorced, or remarried.

Good Parenting Through Your Divorce. Hannibal, Mary Ellen. Marlowe, 2002. (306.89 Hannibal 2002) Tells how to identify your child's feelings and helps them get through the divorce.

The Unexpected Legacy of Divorce. Wallerstein, Judith S. Hyperion, 2000. (306.90 Wallerst) Based on a 25-year study of children of divorce, this book challenges beliefs about divorce and offers hope for the future.

What About the Kids? Wallerstein, Judith S. Hyperion, 2003. (306.89 Wallerst 2003) Discover the changes divorce will create and find guidance on communicating with children of all ages and help with creating a new life.

Making Divorce Easier on Your Child. Long, Nicholas. Contemporary Books, 2002. (306.89 Long 2002) Fifty short chapters cover the initial stages, communications with children and the spouse, legal issues, and general guidelines for parenting.

Child Custody. Lyster, Mimi E. Nolo, 3rd ed. 1999. (346.0173 Lyster) Discusses the legal issues of divorce in layman's terms.

Helping Your Kids Cope with Divorce. Neuman, Gary M. Times Books, 1998. (306.89 Neuman) Based on the Sandcastles workshop designed to help kids cope with divorce, this book is an in-depth resource for dealing with the emotions and communicating with everyone involved at this time.

The Good Divorce. Ahrons, Constance R. Harper Collins, 1994. (306.89 Ahrons) Keeping a family together when the marriage falls apart is the focus of this book.

J DVD 306.89 *Taking the "Duh" Out of Divorce (Trevor Romain Collection).* Comical Sense Company, 2005. Trevor Romain has a knack to really key into kids - especially those preteens who are having tough times in life. This is one of a series dealing with social issues for kids - I've reviewed them for *Booklist* and highly recommend them (JCL has all the titles so far that he has produced).

J306.89 Bode, Janet. *For Better, For Worse: a Guide to Surviving Divorce for Preteens and Their Families.* Simon & Schuster, 2001. The information in this book is based on the author's interviews with kids who have gone through a divorce and their thoughts, feelings, etc. However way the kids wanted to express themselves was allowed by Bode (one kid did a comic strip). The book is divided into 2 parts - one for kids, the other towards parents.

J306.89 Holyoke, Nancy. *Help!: A Girl's Guide To Divorce and Stepfamilies.* Pleasant Company, 1999. While the word "girl" is in the title (since it is published by the American Girl publishing division!), information in this is good for all kids. Very encouraging, upbeat, "it's not your fault". Holyoke used letters to the *American Girl* magazine to help her come up with this self-help book answering questions that kids had about divorce.

E306.89 Thomas, Pat. *My Family's Changing: a First Look at Family Break-Up.* Barrons, 1999. Written by a counselor and psychotherapist, this is a pretty good introduction to the subject. Doesn't shy away from the hurt and changes that come about but is informative and encouraging for younger kids.

E306.89 Rogers, Fred. *Divorce.* Putnam, 1996. Mr. Rogers uses his gentle style to present the topic of divorce. Classic.

E306.89 Brown, Laurene Krasny. *Dinosaurs Divorce: a Guide for Changing Families.* Little, Brown, 1986. A classic for younger kids, the wife of Marc Brown (creator of the Arthur books and someone who went through a painful divorce himself) introduces aspects of divorce and discusses the changes, feelings, etc. that come with it. The illustrations are typical Marc Brown and lend some humor to a painful subject. Another classic book for younger kids.