



EXECUTIVE DIRECTOR
Geetha Arulmohan



Program Summary Sheet

Title	Children in the Middle
Number of Sessions	2 (2 hour) sessions
Program Services Include	Curricula materials Evaluation

Summary

Children in the Middle (CIM) was developed by the Center for Divorce Education with the goal of helping caregivers (parents, grandparents, etc.,) and children to minimize the harmful effects of divorce. Research shows that when parents attend class within 30 days of filing for divorce or other non-dissolution papers there is a tremendous reduction in subsequent litigation. The program is skill focused which is most likely to produce lasting behavior change.

Learning Objectives

1. To engage parents in recognizing the effects on children caught in the middle of parental problems and conflicts.
2. To help parents learn new skills and apply them to their own situations.
3. To encourage parents to let their children know that their reactions to being caught in the middle are normal, and to encourage children to give parents feedback when problems are occurring.
4. To become knowledgeable on how to reduce the main stressors of divorce and separation on children.

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