

# CHILDREN IN BETWEEN (CIB)

SUPPORT PROGRAMME FOR FAMILIES UNDERGOING DIVORCE



Children often feel caught in an emotional roller coaster when their parents decide on a divorce. They may react with sadness, denial, self-blame and more. These negative emotions may lead to poor focus at school and angry outbursts.

## HOW CAN PARENTS HELP?

You can start by attending an interactive *Children in Between* (CiB) programme along with your children. Led by specialised counsellors, CiB has proven to be effective in helping separating parents co-parent better and to build resilience in children.

CiB for **PARENTS** covers:

- ▶ How children are affected when caught in the middle of their parents' conflict
- ▶ Practical co-parenting skills
- ▶ Ways to reduce and prevent any future parental conflict

CiB for **CHILDREN** aged 6 to below 15 years old covers:

- ▶ Myths and truths about divorce
- ▶ Skills to share their feelings with their parents
- ▶ Positive ways to cope with their parents' divorce

## CONTACT US:

The Divorce Support Specialist Agencies (DSSAs) are supported by the Ministry of Social and Family Development and they offer free counselling and support programmes.

### CARE CORNER CENTRE FOR CO-PARENTING

Blk 62B Lorong 4 Toa Payoh, #02-143, Singapore 312062

- ☎ 6258 0020
- 🌐 [www.carecorner.org.sg](http://www.carecorner.org.sg)
- ✉ [ccp@carecorner.org.sg](mailto:ccp@carecorner.org.sg)

### CENTRE FOR FAMILY HARMONY

Blk 37 Circuit Road, #02-455, Singapore 370037

- ☎ 6747 7514
- 🌐 [www.thkmc.org.sg/thk-centre-for-family-harmony](http://www.thkmc.org.sg/thk-centre-for-family-harmony)
- ✉ [cfh@thkmc.org.sg](mailto:cfh@thkmc.org.sg)

### HELP FAMILY SERVICE CENTRE

Blk 570 Ang Mo Kio Avenue 3, #01-3317,  
Singapore 560570

- ☎ 6457 5188
- 🌐 [www.helpfsc.org.sg](http://www.helpfsc.org.sg)
- ✉ [e-counsel@helpfsc.org.sg](mailto:e-counsel@helpfsc.org.sg)

### PPIS AS-SALAAM FAMILY SUPPORT CENTRE

(For Muslim clients)

Blk 322 Ubi Ave 1, #01-591, Singapore 400322

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- ✉ [as-salaam@ppis.sg](mailto:as-salaam@ppis.sg)