



RESOURCES

Online Programs

**for families experiencing
separation/divorce**

The New Beginnings Program (parents)

<https://divorceandparenting.com/>

Children of Divorce – Coping with Divorce (children ages 10-18)

<https://www.onlineparentingprograms.com/online-classes/classes-for-children-and-youth.html>

Books & Articles

Long, N. J., & Forehand, R. L. (2002). Making divorce easier on your child: 50 effective ways to help children adjust. Chicago, IL: Contemporary Books.

Pedro-Carroll, J. (2010). Putting children first: Proven parenting strategies for helping children thrive through divorce. New York, NY: Penguin.

O'Hara, K. L., Wolchik, S. A., & Sandler, I. (2018). Divorce: Helping Handout for Home. In Helping Handouts: Supporting students at school and home. National Association of School Psychologists.

O'Hara, K. L. (2023). 16 Bite-Sized Tips for Parenting after Divorce.

<https://www.divorcedgirlsmiling.com/16-bite-sized-tips-for-parenting-after-divorce/>

Mental Health and Crisis Services

988 Suicide & Crisis Lifeline

phone/text: 988

<https://988lifeline.org/>

SAMHSA's National Helpline

800-662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

ChildHelp Hotline

800-422-4453

<https://childhelphotline.org/>

