

Resources



COUNSELLING

- Sick Kids: <https://www.sickkidscmh.ca>
- The Child Development Institute: <https://www.childdevelop.ca>
- CFS: <https://www.cfstoronto.com/>
- Kids Help Phone: <https://kidshelpphone.ca/>
- Lumenus: <https://www.lumenus.ca/>
- Open Counselling: <https://www.opencounseling.com/canada/toronto/counseling-agency/skylark-children-youth-families>
- Strides Toronto: <http://www.stridestoronto.ca>
- What's Up Walk-In: <https://www.whatsupwalkin.ca/>
- WoodGreen: https://www.woodgreen.org/services?gad_source=1
- Yorktown Family Services: <https://www.yorktownfamilyservices.com>
- Youthlink: <https://youthlink.ca>



READING MATERIAL

- What in the World Do You Do When Your Parents Divorce? A Survival Guide for Kids, by Kent Winchester and Roberta Beyer
- All Kinds of Families, by Suzanne Lang
- Malaika's Surprise, by Nadia L. Hohn and Irene Luxbacher
- My Family is Changing: A drawing and activity book for kids of divorce, by Tracy McConaghie
- What Can I Do? By Danielle Lowry
- Two Homes, by Claire Masurel
- BIFF for CoParent Communication: Your Guide to Difficult Texts, Emails, and Social Media Posts, by Bill Eddy Annette Burns Kevin Chafin
- Helping Your Child through Separation and Divorce: https://www.lianalowenstein.com/Helping_Children_through_Separation_and_Divorce.pdf
- Developing Healthy Self Esteem in Your Child: https://www.lianalowenstein.com/Helping_Children_through_Separation_and_Divorce.pdf

