

# 6

## Resources

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### Use the Phone

#### Family Justice Counsellors

Look in the provincial government listings of your phone book under "Attorney General, Ministry of"

#### Look in your phone book for the services you need:

- Aboriginal Child and Family Services
- Native Courtworkers and Counselling Association
- Metis Family Services
- First Nation's Women
- Residential School Healing
- Transition Houses / Women's Shelters
- Victims Information and Support Services
- Children and Teen Resources
- FAS/E Support Organizations
- Counselling for you and your children
- Family Maintenance Enforcement Program  
Vancouver: 604 775-0796 and elsewhere in BC 1-800-668-3637
- The Family Violence Resources
- *Child Support Guidelines*  
(ask for free copies of the Federal *Child Support Guidelines*)
- Legal Aid  
(if you can't afford a lawyer and have serious legal problems)
- Lawyer Referral Services
- Kids Help Phone 1-800-668-6868
- BC Mediator Roster Society 1-888-713-0433

## Use the Internet

### **Child and Family Canada** [www.cfc-efc.ca](http://www.cfc-efc.ca)

Designed to help people in their relationships, in critical times and in day-to-day living. There are informational themes on Family Life and Parenting.

Some topics on the section on parenting include the following:

- Aboriginal Child Rearing Practises and Family Break-up
- Children and Self-esteem
- Children and the Stress of Parenting
- Children and Family Break-up
- Hints for Separated Parents
- Helpful Hints for Healthy Parenting
- Supportive Ideas for Raising Your Child in Separate Homes

### **Justice Canada** [canada.justice.gc.ca](http://canada.justice.gc.ca)

This site has a number of information documents that may be useful

The section on *Child Support Guidelines* has a wealth of information on the topic including a workbook for parents and 10 questions and answers.

Information about child support guidelines can be found at

[www.justice.gc.ca/en/ps/sup/](http://www.justice.gc.ca/en/ps/sup/). Information about spousal support can be found at [www.ag.gov.bc.ca/family-justice/law/spouse/index.htm](http://www.ag.gov.bc.ca/family-justice/law/spouse/index.htm).

### **Families Change** [www.familieschange.ca](http://www.familieschange.ca)

### **Legal Aid Website** [www.lss.bc.ca](http://www.lss.bc.ca).

Find the Legal Aid website for your province. This may include information about separation and divorce. Self-help booklets may be available online.

### **Ministry of Attorney General**

**In BC:** [www.ag.gov.bc.ca/family\\_justice/index.htm](http://www.ag.gov.bc.ca/family_justice/index.htm)

You may be able to find information about family law and the alternatives to going to court in your province.

### **Law Courts Education Society of B.C.** [www.lawcourtsed.ca](http://www.lawcourtsed.ca)

Online learning program regarding relationship violence and the options available when dealing with dating or family violence.

### **Canadian Mental Health Association** [www.cmha.ca](http://www.cmha.ca)

Information pamphlets on a variety of topics including the following:

- Separation and Divorce
- Children and Family Break-up
- Children and Their Fears
- Children and Self-esteem
- Children and the Stress of Parenting

**Health Canada** [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

Health Canada has information and publications on healthy living and family violence.

**Kids Help Phone Website** [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

## **Read Books**

### **For Children**

- Brown, Mark & Krasny. *Dinosaurs' Divorce: A Guide for Changing Families*. Little Brown & Co., 1988.
- Deaton, Wendy. *My Own Thoughts and Feelings: A Young Girl's Workbook about Exploring Problems*. Hunter House, 1993.
- Deaton, Wendy. *My Own Thoughts and Feelings: A Young Boy's Workbook about Exploring Problems*. Hunter House, 1993.
- Deaton, Wendy. *Living With My Family: A Child's Workbook About Violence in the Home*. Hunter House, 1991.
- Heegaard, Marge. *When Mom and Dad Separate: Children Can Learn to Cope with Grief From Divorce*. Woodland Press, 1991
- Heegaard, Marge. *When a Parent Marries Again: Children Can Learn to Cope with Family Change*. Woodland Press, 1991
- Lowry, Danielle. *What Can I Do? A Book for Children of Divorce*. Magination Press, 2001
- Nightingale, Lois. *My Parents Still Love Me Even Though They're Getting Divorced*. Nightingale Rose Publications, 1997
- Ransom, Jeanie. *I Don't Want to Talk About It: A Story of Divorce for Young Children*. Magination Press, 2000.
- Schneider, Meg F., J. Offerman-Zuckerberg, and J. Zuckerberg (contributor). *Difficult Questions Kids Ask and Are Too Afraid to Ask – About Divorce*. Fireside, 1996.
- Spelman, Cornelia. *Mama and Daddy Bear's Divorce*. Albert Whitman Prairie, 2001.
- Stinson, Kathy and Nancy Lou Reynolds (illus.). *Mom and Dad Don't Live Together Anymore*. Firefly Books, 1988.
- Thomas, Pat. *My Family's Changing: A First Look at Family Breakup*. Barron's Educational Series, 1999


## **For Parents**

- Ahrons, Constance R. *The Good Divorce: Keeping Your Family Together When Your Marriage Comes Apart*. Harper Perennial, 1995.
- Bienenfeld, Florence. *Helping Your Child Through Your Divorce*. Hunter House, 1995.
- Emery, Robert. *The Truth About Children and Divorce: Dealing With the Emotions So You and Your Children Can Thrive*. Viking books, 2004.
- Engel, Margorie. *Divorce Help Sourcebook*. Visible Ink Press, 1994.
- Everett, Craig A. and Sandra V. Everett. *Healthy Divorce*. Jossey-Bass, 1994.
- Gardner, Richard A. *The Parents Book About Divorce* (rev. ed.). Bantam Books, 1991.
- Gold, Lois and Joan B. Kelly. *Between Love and Hate: A Guide to Civilized Divorce*. Plenum Press, 1992.
- Long, Nicholas and Rex Forehand. *Making Divorce Easier on Your Child: 50 Effective Ways to Help Children Adjust*. McGraw Hill US, 2002.
- McKay, Matthew, Peter Rogers, and Joan Blades. *The Divorce Book: A Practical and Compassionate Guide* (2nd ed.) New Harbinger Publications, 1999.
- Neuman, Gary. *Helping Your Kids Cope with Divorce The Sandcastle Way*. Random House, 1999.
- Ricci, Isolina. *Mom's House, Dad's House: A Complete Guide for Parents Who Are Separated, Divorced or Living Apart*. Fireside, 1997.



## Words to Know

<b>Aboriginal</b>	Refers to status Indian, non-status Indian, Metis, and Inuit peoples of Canada.
<b>Access</b>	The time the children spend with the parent who does not have custody. When a child lives with one parent full-time, the other parent usually has access. This is called “Parent time” in a parental order.
<b>Acknowledge</b>	To accept.
<b>Assessment</b>	An appraisal or estimation.
<b>Assets</b>	Anything of value, such as money, property, or goods.
<b>Assimilation</b>	To be absorbed and incorporated. Minority groups are often assimilated into the dominant cultural group
<b>Assumption</b>	Anything taken for granted.
<b>Colonization</b>	The process of taking control of your lands, government, institutions and decisions and leaving you with few resources and dependant on others.
<b>Commitment</b>	A promise or guarantee.
<b>Consistency</b>	Uniformity, harmony.
<b>Custody</b>	Having “custody” of a child allows a parent to make the major decisions for the child such as the child’s education, religion and medical treatment and managing the child’s property.
<b>Enforce</b>	To compel by law.
<b>Guardianship</b>	The responsibility for making major decisions about the children, such as what kind of education, health care or religious training the children will receive, and how to manage anything the children own.
<b>Incompetent</b>	Unfit, unqualified or unable.
<b>Interim</b>	Temporary.



<b>Indian Act</b>	Government legislation passed in 1876 that gives the federal government authority over “Indians and Indian Lands”.
<b>Jurisdiction</b>	Having the power to make decisions.
<b>Legal</b>	Authorized or allowable by law.
<b>Legislation</b>	The laws made by government.
<b>Mediation</b>	In mediation, you and the other parent work with a person who is specially trained to help you reach an agreement.
<b>Negotiate</b>	To discuss with or bargain to make a deal, or reach an arrangement.
<b>Nurturing</b>	The process of promoting the development of, raising or educating.
<b>Peace bond/ Restraining order</b>	An order made by a judge to protect one person from another.
<b>Premise</b>	An earlier statement that serves as the basis for an argument.
<b>Psychological</b>	Dealing with the mind, mental processes such as feelings, desires and thoughts.
<b>Reclaim</b>	To bring back, rebuild or restore.
<b>Separate Meetings</b>	A process that allows you and the other parent to reach an agreement. You and other parent do not meet face to face. A trained professional communicates between you.
<b>Strategies</b>	Plans or directions to achieve a certain objective.
<b>Trauma</b>	An emotional experience or shock that has a lasting effect.