



Do your children need DC4K?

Your kids probably feel scared, sad, and confused after your divorce. They know you have been hurt deeply. As a result, they may hide their feelings because they are worried about your happiness or because they do not know how to express their feelings appropriately. DC4K helps them process those feelings and gives them tools to communicate better with you.

What is DC4K?

DC4K provides your children with a safe and neutral place to gain an age-appropriate understanding of separation and divorce. They will learn how to process and share their feelings.

For 13 weeks your children become involved in a fun, caring group that meets near you. The weekly session topics help your children learn that God's love strengthens them and helps them turn their sadness to hope and their anger to joy.

Each session is filled with motivating and exciting activities. Games, crafts, role playing, discussion times, journaling, and activity books help your children process the divorce and move forward in their lives. The music, snacks, read-aloud stories, exercises, and Bible verses teach your children to relax and rest secure in God's love. The *Kids Like Me* and *Stories from the Bible* video dramas present stories of children just like your children, who are experiencing divorce-related problems and have found help and encouragement.

DC4K is designed for kids 6–13 years of age.

Children look forward to each time their "DC4K family" gets together. Start your children on the road to healing today and connect them with their very own DC4K family!

Who are the DC4K leaders?

The leadership team for DivorceCare for Kids consists of people who share a genuine concern about the way divorce is affecting your children now and in the future. The DC4K team encourages children, builds relationships, and presents skills to maneuver through the rough places of divorce, while pointing students to Jesus as their healer.

DC4K leaders have an excitement for the DC4K program and have participated in leadership training.

What your child will experience

DC4K is a special group that provides a safe and caring place for your children to engage in fun-filled activities while learning about the divorce and the many changes they are encountering in their lives. All of the activities fit into a two-hour weekly format. Each group meets for 13 consecutive weeks.

From participating in group activities and games to eating and laughing together, children have fun at DC4K.

Viewing

Viewing the specially written *Kids Like Me* video helps children learn how to deal with daily dilemmas children of divorce face. In the *Stories from the Bible* video the children learn about people in the Bible who experienced some of the same difficulties they are experiencing.

Expressing

Expressing themselves through arts and crafts projects centered on the weekly topic provides entertainment while helping your children process the divorce. Interesting projects include bubble printing, homemade Etch A Sketch®, illusion-noculars, thumbprint art, forgiveness cards, drawing, painting, creating, and much more.

Listening

Listening to a read aloud storybook connects your children with real-life situations involving other children in divorce. These stories offer practical suggestions for dealing with the many struggles each child faces. The stories also serve as a springboard for heartfelt discussions with you, their DC4K leaders, and other people in their lives.

Playing games

Playing games helps children understand changes divorce brings, promotes teamwork, helps them deepen their trust bonds, and encourages them to lean on each other and to minister to one another with the love of God.

Connecting

Connecting with caring leaders and interacting with other children in small group discussions, devotions, and demonstrations helps your children better understand their individual situations.

Reading

Children will hear relevant and age-appropriate Bible passages. These verses will guide them how to respond in difficult circumstances and assure them of God's love for them.

Laughing

Laughing and having fun with other children gives every child an opportunity to make and enjoy newfound friends at DC4K.

Journaling

Journaling and drawing pictures in their DC4K Activity Book helps your kids sort through their feelings.

Stretching

Stretching, breathing, and physical exercise help reduce stress levels.

Session topics

Children come to DC4K excited to connect with their newfound friends. Each session is filled with engaging activities that center around a weekly theme. These topics correlate with those discussed in the adult DivorceCare sessions. When you and your children are learning about similar topics each week, you create many opportunities to bond and enrich your family.

What's Happening to My Family?

During this session your children will find comfort and relief from the anxiety of what is happening in their lives. They will learn what to expect each week in DC4K.

God Loves Children in All Kinds of Families

This session assists your children in realizing that everyone's family situation is different. It also encourages your children to help you develop a healthy single-parent home.

Facing My Anger

This unit helps your children recognize angry feelings and how to deal with these feelings in a healthy and acceptable way. They will learn it's okay to be mad but not to hurt others when they are angry.

Journey from Anger to Sadness

This session's goal is to acquaint your children with the sadness phase of grief in the divorce process. It helps them learn how to process this in an emotionally healthy manner.

I Am Not Alone

Your children will realize they are not alone and there are people, including a heavenly Father, who care about them and love them. They will understand that it is okay to ask for help.

God's Plan for Me

This session gives your children hope and comfort in knowing God always loves them and will meet all of their needs. Your children will realize they have choices to make, and they'll learn how their choices affect others.

Developing New Relationships

This week's theme helps your children realize their relationships with Mom and Dad and others are different since the divorce. Your children will learn how to develop new relationships. They will realize it's okay to be loyal to each parent without feeling guilty.

Developing Money Smarts

Helping your children understand various aspects of budgeting and spending will help them understand budgeting issues in your family. This unit includes ideas about earning and spending money wisely.

It's Not My Fault

This session communicates to your children that divorce is an adult problem between two parents. Your children will learn the divorce is not their fault.

Telling My Parents How I Feel

This session helps your children learn how to talk to you and their other parent about how they feel about different situations in an honest, yet respectful manner.

Forgiveness

The goal is to help your children understand what forgiveness is and how to forgive others. This session exposes your children to the concept of taking responsibility for their own actions and attitudes.

Loving My Parents

This session is designed to educate your children that their parents still love them and to help each child express love to both parents.

Moving On: Growing UP and Closer to God

This session assists your children in realizing life goes on after divorce and they can have healthy and happy futures. It helps the children understand they are individuals with their own talents, hobbies, and interests.