

My parent's divorce hurts me!

When you have children, the breakup of your marriage is even more difficult and complicated. You are no longer someone's spouse, but you are still a parent — and your child is counting on you to help him or her through this painful divorce as it continues to affect them into adulthood.

For most children, divorce is the single event that affects their lives even after they become adults. A child can become emotionally overwhelmed by the parents' divorce, and while there is no way to prevent the suffering, there are ways to help children through it.

In many ways, a divorce is like the death of a loved one. It involves loss and grief, but unlike death, divorce involves choice. A choice has been made by one or both parents in which the child has had little or no input. This makes children feel helpless.

Divorce is a choice parents make to separate from each other, but children often feel that parents have chosen to divorce them, too. And since divorce changes the family structure forever, it also alters what children believe marriage and a family are supposed to be.

Help my parents understand how I feel!

As a divorced parent, you will face new challenges in trying to help your child deal with these and other emotions. That is why, in Summit County, parents who are ending their marriage are required to attend one three-hour seminar entitled "Remember the Children."

Parents are required to attend this free seminar within 60 days of filing a divorce proceeding with the Summit County Domestic Relations Court. Seminar topics include visitation issues, parenting roles, communication skills, and ways to effectively deal with the changes and emotions that come as the result of divorce. You'll also learn how negative parent interactions emotionally harm your child.

Applying the skills you learn in this seminar, you can help your child cope with the aftermath of divorce, and adjust with a healthier outlook.

"Remember the Children" Seminar for Mom & Dad

To help parents understand the impact of divorce on their children, and to help parents focus on the child's needs during this transition period, Summit County requires parents to attend the "Remember the Children" seminar.

The seminar is free and you may choose to attend any one session. Classes are held in the new Summit County Domestic Relations Court building located at 205 South High Street, Akron. The program takes place in the Ceremonial Courtroom/Training Center on the 2nd Floor. Enter the building through the Summit County Courthouse Entrance located between the old and the new county courthouses. (See Seminar Schedule Dates, directions and the map, printed on the reverse side of this brochure).

There is no need to pre-register for a seminar, but you must arrive promptly to be admitted. Should you have special needs (such as the need for an interpreter), call (330) 643-2355 to make arrangements.

For more information about the seminar, call Summit County Domestic Relations Court at (330) 643-2355.

Remember the Children



A Seminar to Guide Families Through Divorce

Summit County
Court of Common Pleas
Domestic Relations
Division

Children's Bill of Rights in a Divorce

- The right to be treated as an interested and affected person, and not as a pawn or possession.
- The right to love each parent without feeling guilt, pressure, or rejection.
- The right to love, care, appropriate discipline and protection from both parents.
- The right not to choose sides or to be asked to decide where they want to live.
- The right to express feelings about the divorce, such as anger, sadness or fear.
- The right to a positive and constructive ongoing relationship with each parent.
- The right to not make adult decisions.
- The right to remain a child, without being asked to take on parental responsibilities, or to be an "adult" companion or friend to parents.
- The right to the most adequate level of economic support that can be provided by the best efforts of both parents.
- The right to not participate in the painful games parents play to hurt each other, or to be put in the middle of their battles.



Mom and Dad when they loved each other.



I cried when Dad left.



When Mom and Dad broke up, my heart broke, too.

Divorce is a painful process. In most cases, it is as if your dream has been shattered. You find yourself being forced to take care of yourself, to deal with your emotions, and to rebuild your life without the person you planned to spend your life with.



Location:

The Domestic Relations Court is located at 205 South High Street, across the street from the Morley Health Center parking deck. Sessions are held on the second floor of the Courthouse Addition in the Domestic Relations Training Room. Enter from Broadway.



Seminar Schedule

Remember the Children Seminars are held every month on the second Thursday from 6:00 - 9:00 p.m. and on the third Saturday from 9:00 a.m. - noon throughout the year. For specific dates call 330-643-2355 or visit our website at www.drcourt.org/dates.htm

NOTE: Please do not bring children with you to the seminar, and please arrive on time. Latecomers will not be admitted.

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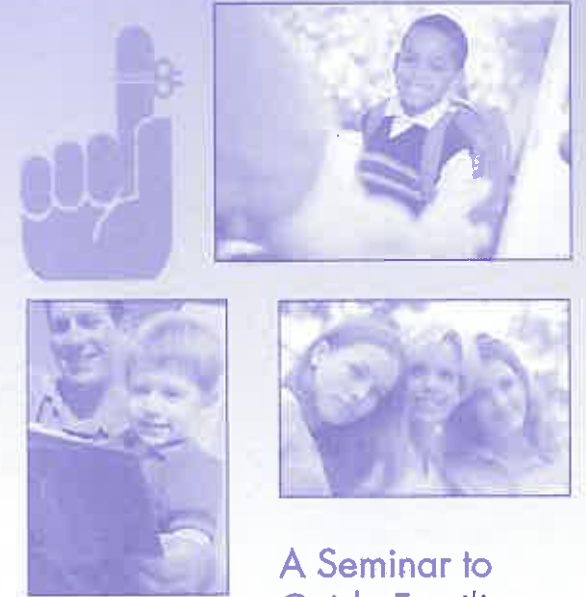
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Summit County Court of Common Pleas Domestic Relations Division

Judge Carol J. Dezso • Judge John P. Quinn
205 South High Street
Akron, OH 44308-1663



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