



WellSpring Resources' "Bridge of Hope" Designed for Children Experiencing Divorce

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Are you going through a D-I-V-O-R-C-E? Even if your kids aren't old enough to know how to spell, there is no hiding a divorce. Divorce affects everyone in the family, especially children. According to the American Academy of Child and Adolescent Psychiatry (2011), children are frightened and confused when they learn of divorce, and often believe they caused the conflict between their parents. As a result, children may suffer from emotional or behavioral problems.

WellSpring Resources now offers a group therapy experience for children struggling with parental divorce or separation. **Bridge of Hope** serves children grades Kindergarten through 8th. The program is based on Children of Divorce, a national, evidence-based practice used to help children ages 5-14 handle the stress associated with parental divorce or separation. The goal is to minimize the emotional and behavioral problems that may result when children experience divorce in their families.

Group sessions will provide a safe and confidential place for children to talk about their feelings related to the divorce or separation. Therapists will help children to reduce anxiety, build confidence, and increase understanding and acceptance of the divorce or separation over the course of 10-weeks.

Bridge of Hope is offered at WellSpring Resources' Alton and Jerseyville locations. Medicaid and most insurances are accepted. For more information regarding this program or to enroll your child, please contact Erin Bickle, WellSpring Resources' Director of Counseling Services, at (618) 462-2331.

Founded in 1959, WellSpring Resources is a total mental wellness resource serving Madison, Greene, Jersey, and Calhoun counties. With offices in Alton and Jerseyville WellSpring's compassionate professionals work with children, adults and families to

inspire hope and personal growth. Last year, over 6,000 people sought to change their lives for the better through WellSpring's mental health and substance abuse services. Visit www.wellspringresources.co for more information.

The service's Mental Health Court Case Management, Senior Services, Outpatient, Adult Community Support and Child/Adolescent Community Support and provider WellSpring Resources is funded by the Madison County Mental Health Board.