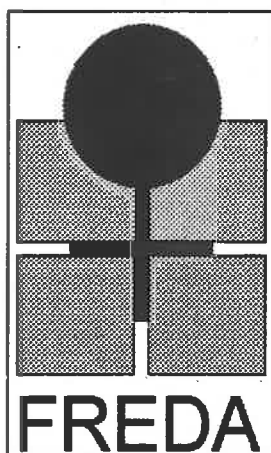


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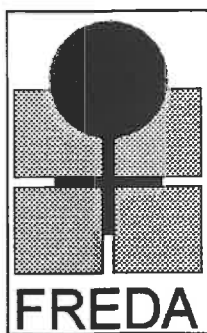
BREAKING THE CYCLE

**A PARENTING GUIDE
FOR SINGLE MOTHERS OF
CHILDREN WHO HAVE WITNESSED
DOMESTIC VIOLENCE**

**Janet Eriksen
Angela Henderson
Margot Davidson
Sharon Ogden**

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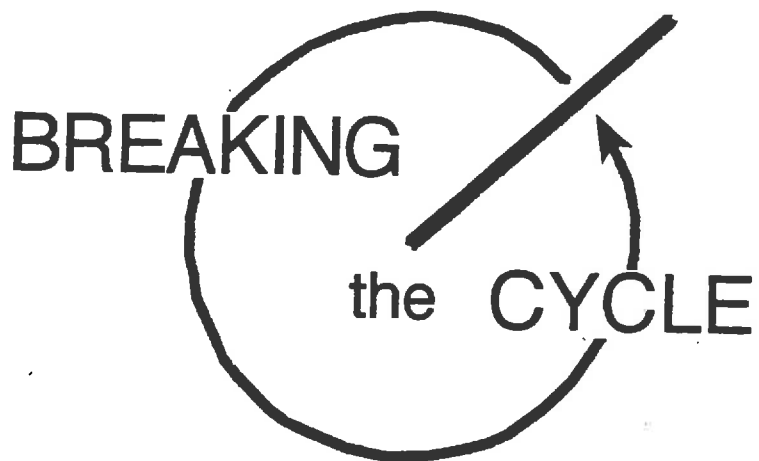
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Since its inception in 1992, the FREDA Centre has worked with over 17 different groups in British Columbia on different aspects of violence against women and children. The Centre has also published a report dealing with violence against women in the Yukon.

FREDA is a collaboration of community groups, feminist academics at Simon Fraser University and the University of British Columbia. The Centre's mandate is to undertake and promote action-based research on violence against women and children. As well, FREDA works with community groups to forward recommendations for action to relevant policy-makers and mandated agencies.

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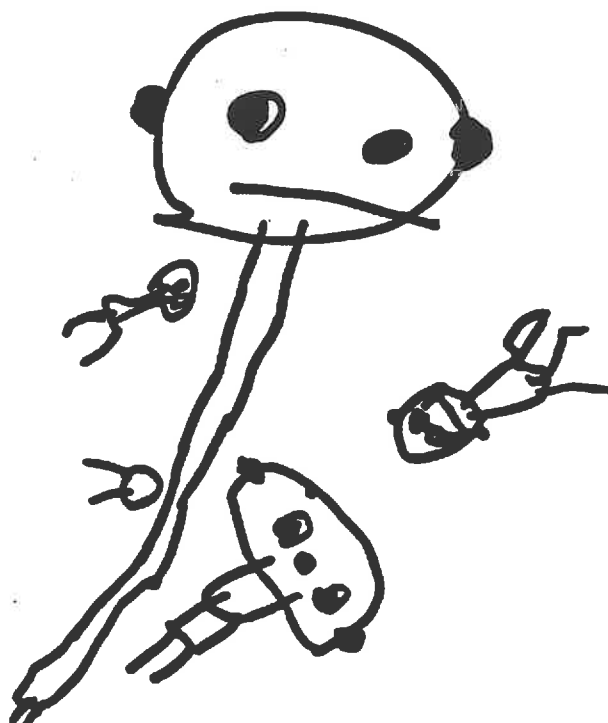
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**A Parenting Guide for Single Mothers
of Children Who Have Witnessed
Domestic Violence**

©

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This Guide comes in two parts: Part I (pp. 3-26) is the Parenting Guide, which contains general information on violence and parenting for mothers who have been abused. Part II (pp. 27-54) contains lists of resources available on the Lower Mainland of British Columbia. Part II can be deleted or edited depending on the needs of the geographic area.

TABLE OF CONTENTS

	PAGE
Acknowledgments	3
On Your Own With Your Children	4
Abuse: Living With it and Leaving it	7
So Now What Do I Do?	12
The Impact of Wife Abuse on Children	13
What Should I Be Looking For?	14
General Guidelines for Parenting	23
Resources	27
Women's Transition Houses and Shelters	28
Crisis Centres and Crisis Lines	31
Legal Advice	32
Women's Centres	34
Culturally-Specific Services	35
Gay and Lesbian Services	36
Services for the Disabled	37
Counselling Services	38
Parenting Groups	41
Reading Resources	45
References	54

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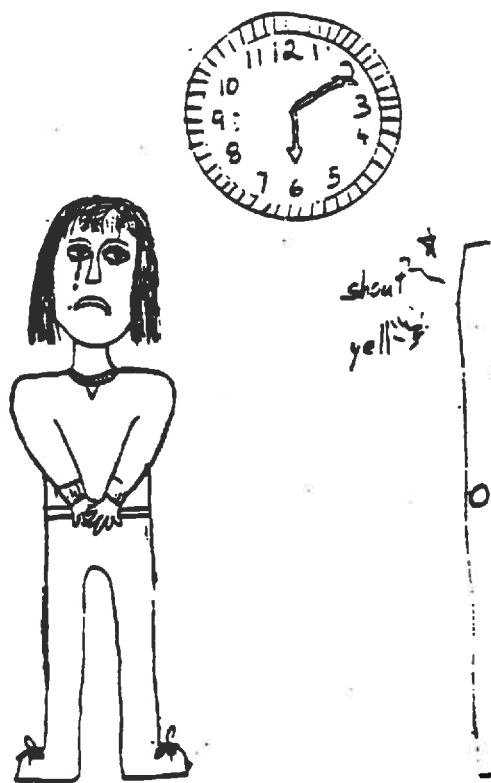
This guide is dedicated to all the children who shared their feelings, thoughts and drawings with us.

The project was supported by grants from the Province of British Columbia Challenge 90, the British Columbia Health Research Foundation [grants #134 (89-1), 163 (93-1) and 212 (94-1)] and the University of British Columbia Summer Career Placement Project 400.

ON YOUR OWN WITH YOUR CHILDREN

This guide has been written for women who have left an abusive relationship and are now single parents of children who were witness to this abuse. It gives support and guidance to women who are single-handedly parenting their often unhappy, confused and angry children.

THIS CAN BE AN OVERWHELMING TASK:



This guide provides information related to the challenges of single parenting children who have problems and concerns that have arisen from witnessing their mother's abuse.

Have your children watched while Dad* has ...

- beaten you or threatened to kill you?
- threatened to kill himself?
- been verbally abusive towards you?
- been angry most of the time?
- broken things that were precious to you?
- attempted to hurt your children?
- told your children that you are a rotten mother and deserve to be hit and hurt?
- cried because he has hit you?
- said he cannot control himself?
- promised he will never hurt you or your children again and then does?

(Sinclair, 1985)

Have your children watched while you....

- attempted to escape from your partner's temper?
- screamed out for help?
- crept around the house so your partner wouldn't get mad?
- picked up a kitchen utensil to defend yourself?
- forgave your partner when he cried?
- claimed that you deserve to be hit?
- made excuses for your partner's temper?
- said you were terrified of their Dad but then said there was nothing you could do to change your life?
- were depressed and cried a good deal of the time?
- were frustrated and yelled at them a lot?
- promised to leave if your partner hit you again and then didn't leave?

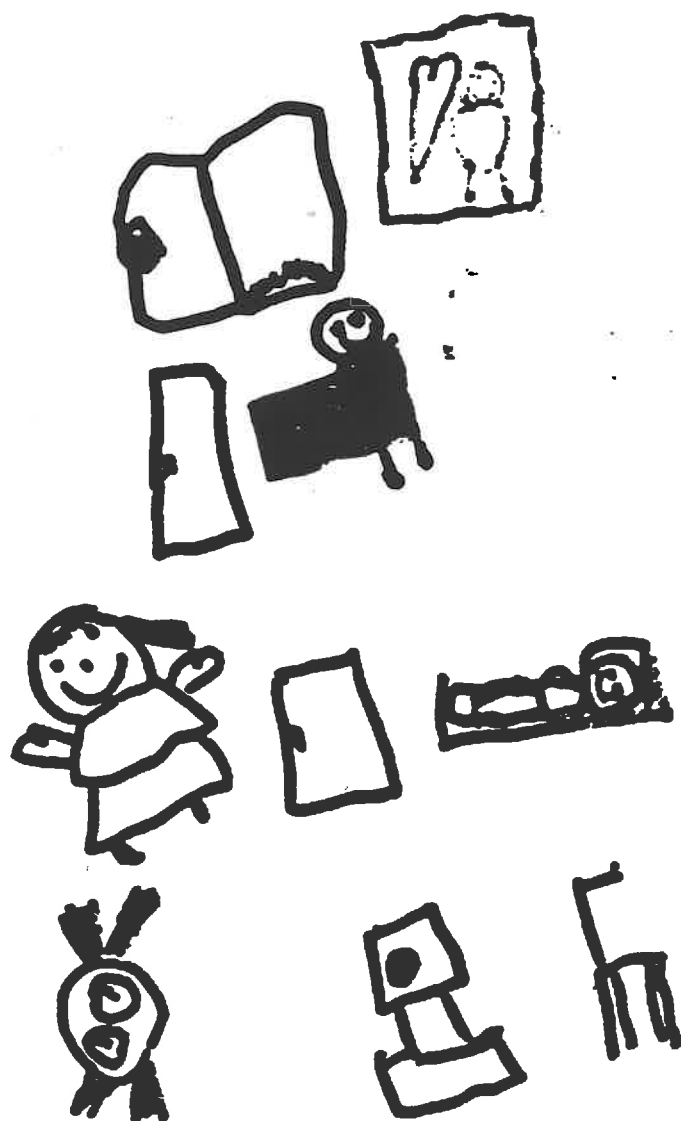
(Sinclair, 1985)

*In this guide, "Dad" signifies either your children's biological father or the person who has been their father figure.

If your children have been living in a violent home and have been witness to any or all of the previous scenarios, it is little wonder they end up believing that...

- it is all right for Dads to hit Moms, husbands to hit wives, men to hit women...
- violence is an acceptable way to win arguments
- big people have power they often misuse
- men are bullies who push women around
- women are victims who can't take care of themselves or their children

(Sinclair, 1985)



ABUSE: LIVING WITH IT AND LEAVING IT

THE CYCLE OF VIOLENCE

Does the following scenario sound familiar?

Your partner/husband abuses you. After hesitation you make the painful decision to leave him. Once gone he becomes remorseful and asks you to return. You feel lonely and unsure so you decide to try again. You return. Soon, however, his remorse vanishes and the abuse begins yet again.

This is known as the Cycle of Violence. If this sounds familiar, know that you are not alone:

A recent survey by Statistics Canada has indicated that one in four Canadian women have been victims of violence from their boyfriends, husbands or ex-partners. One in six currently married women reported experiencing violence by their husbands and one half of previously married women reported violence at the hands of their ex-husbands.

(Justice Institute of B.C., 1995)

WHAT IS THE CYCLE OF VIOLENCE?

Phase One: *Tension Building Phase*

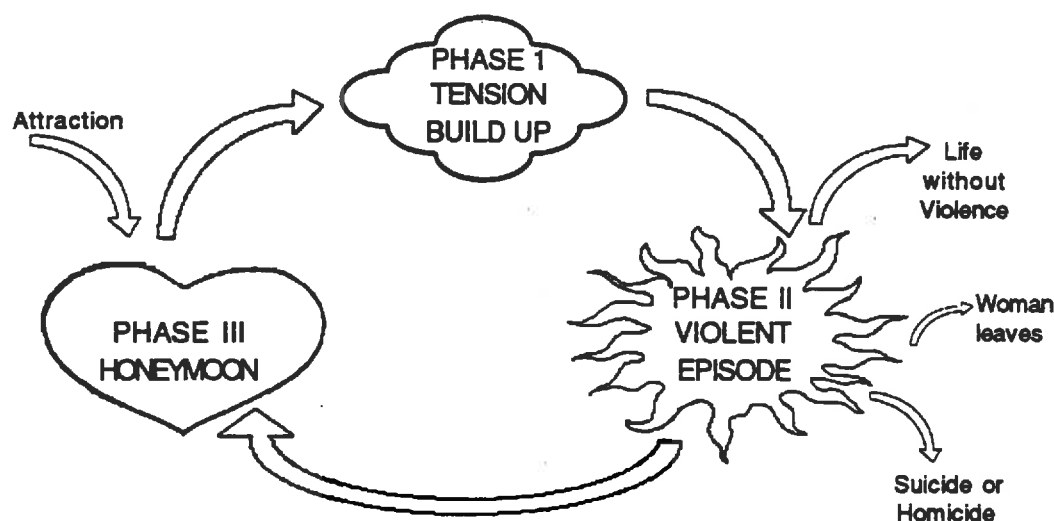
- verbal insults, put downs, accusations, minor battering
- woman becomes passive, trying to calm man
- tension builds, man becomes more oppressive,
- woman feels helpless
- tension becomes unbearable

Phase Two: *Acute Battering Incident*

- built-up tensions erupt into violence
- usually triggered by something in man's life (external event or internal state of mind) rather than woman's behavior
- woman may be sexually assaulted, injured or killed

Phase Three: *Honeymoon Phase*

- man becomes contrite, loving, apologetic and begs for forgiveness
- woman's feelings of guilt keep her from leaving
- if she stays, before long A NEW CYCLE OF VIOLENCE begins

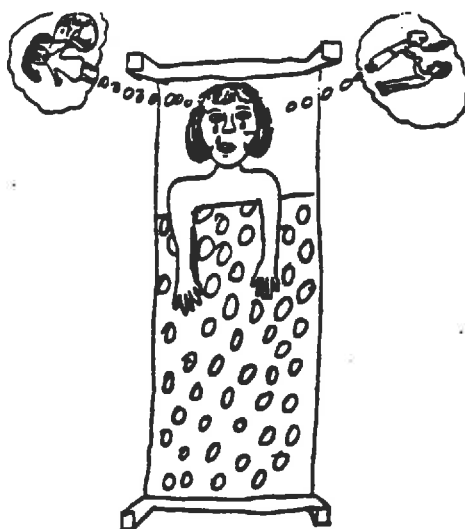


(Reproduced with permission from the North Shore Crisis Services Society, Vancouver, B.C.)

LEAVING THE ABUSER:

You have left for good. You are trying to be a single parent at a time when you are struggling with money issues, job issues, housing issues and custody issues. It is difficult; you are tired. You are experiencing a range of emotions. Perhaps the following scenario sounds familiar...

JANE'S STORY



"Finally a place of our own. I'm so tired of never knowing for sure where the kids and I will be sleeping each night. The last few years have been a nightmare of fear, uncertainty, and unhappiness for all of us. Now at least we are safe... .

It all started after Susan was born. Rick would lose his temper over the crying and when I couldn't make her quit - well, he'd take it out on me. At least he never did hit the kids. David was two then - he's been watching his Dad beat me up, us leave, then his Dad crying and saying he'll promise to stop the violence if only we would please return. So we would - I loved him and I felt so helpless and alone without him... then of course after a few weeks of peace the vicious cycle would start again. The women at the Transition House called it the "Cycle of Violence" which is exactly what it was... a never-ending cycle.

The last straw was on David's eighth birthday. Rick had never used a weapon before, just fists. Before I could get away, he grabbed the cake knife and hit me over the head with it. I can't really remember much detail except the kids crying and running away. I made up my mind then and there that that was it - no more. I had given him every chance to change and for our relationship to succeed. I hated to break up the family; I know the kids love their Dad, but I just couldn't take it anymore. And neither should the kids.

Now the violence has stopped. I don't feel afraid now; at least I'm not afraid of him. I'm just left with these nagging feelings of guilt for taking the kids away from their father, and of fear of the future: of being alone, raising kids on my own, no job, and no security.

I'm so exhausted. All this has really taken it out of me. The kids are so demanding and I feel all I have the energy to do is yell at them and hope that they will start behaving... It's not working."

* * *

Your children too, have a lot of changes to cope with. David's story is typical.

DAVID'S STORY



"Another home. I'm tired of all this moving around. Mom promises this is the last time - that this will be home from now on, but I don't believe anything she or any other adult says anymore. She had also promised there would be no more fighting at home, then Dad got angry and beat her up again. It has happened so many times now I just can't believe her when she says it's over.

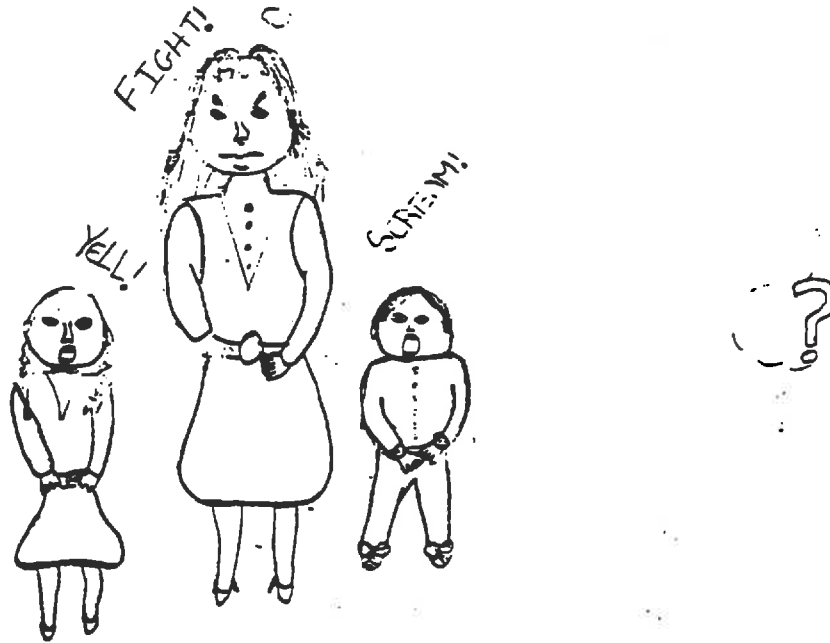
When I visited Dad last weekend he told me Mom was crazy and she would never be able to look after me and my sister without his help. Then he started yelling that it was all her fault that he hit her and if we wanted the family to get back together we had better stop listening to Mom. Then he started crying. He never hits me, but when he gets like that I just want to run away and hide. I hate him when he's mean, but right now I really miss him and I'm sorry I ever said I hated him. Today Mom yelled at me 'cause I hit my sister. Mom's always yelling. She says I shouldn't hit, but then she used to hit Dad back. I feel like hitting her sometimes. When I'm older I'm going to show Mom who's boss.

I wish someone would tell me what is going on. Why do we have to live here away from our real house? I have no friends, none of my toys and now Mom says I'm going to a new school tomorrow. Do I have to go to a new school because I was getting in so much trouble at my old one? My teacher kept getting mad at me 'cause I wouldn't do my work. Who wants to do stupid old school work anyways? She said if I got in one more fight at lunch she would have to phone my parents. Maybe she did and now I can't go to that school anymore.

I guess living in this apartment is better than the shelter. Last time we were there was my eight birthday. Mom was all messed up and bleeding cause Dad said my birthday cake was 'SHIT' then he threw it at her and cut her with the knife. Luckily none of my friends were there. My sister doesn't say anything. She just goes into her room and closes the door until it's all over. Then she acts like a little goody-goody. She's weird, but then she is only six.... ."

SO NOW WHAT DO I DO?

Once separated and on your own you breathe a sigh of relief... but now what? You probably have a lot of questions and concerns.



"How do I parent these kids?"

"Parenting was demanding, frustrating and exhausting enough with the help of my partner, now on my own it seems too much to cope with."

"Without another adult around there is essentially no relief from being a parent... ."

"I really love my kids and I want the best for them but they are getting so demanding and wild... I just don't feel I have the energy to deal with them."

"Do other moms in my situation feel so confused and pressured as I do?"

"Will my kids grow out of this stage?"

"What sort of behaviors have they learned from watching their Dad and I fight?"

"How will I recognize these behaviors?"

"Are my kids going to pass this violence on to their own wives or husbands, and children?"

"What can I do to help them?"

"How should I handle my kids' visits with their Dad?"

THE IMPACT OF WIFE ABUSE ON CHILDREN

Yes, the struggles you are experiencing with parenting are similar to those of other women in your situation. Most women who have made the break from abusive relationships are now facing the challenging task of being there for their kids who have also suffered from the abuse. These moms, too, feel that the day-to-day pressures of survival are already too much to cope with.

It may help you to realize that you have already single-handedly accomplished a great deal!

- Raising your kids in the presence of abuse.
- Acknowledging the damage that the violence was doing to your kids and yourself.
- Making the difficult decision to leave your partner, and then doing it.

All of these things you have done on your own. They have all taken strength of mind and a lot of courage.

Now, using that same strength and courage, you are embarking on single parenthood

YOU CAN DO IT!

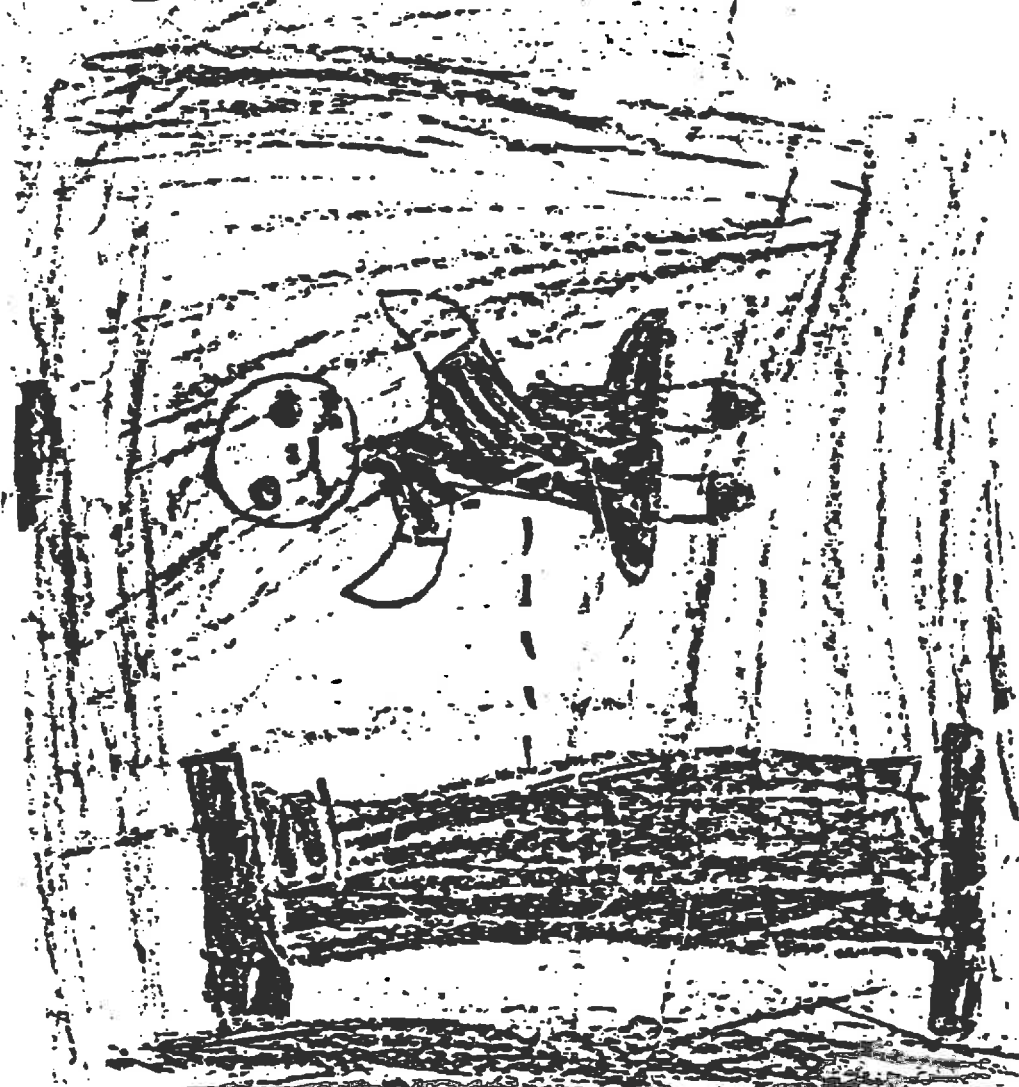
WHAT SHOULD I BE LOOKING FOR?

Your child is probably exhibiting one of three reactions typical of children who have been exposed to violence:

1. The Fearful Child:

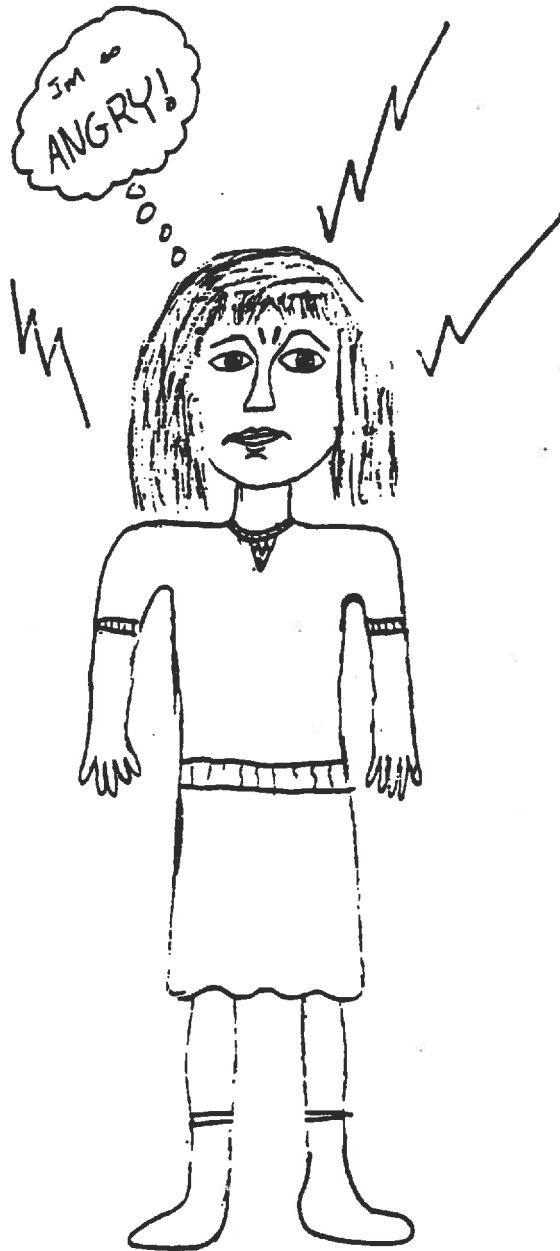
- has feelings of helplessness, fear
- is always watchful
- prefers to be alone
- is withdrawn
- avoids potentially dangerous situations and
- assumes danger exists when it doesn't.
- will not take risks.

I get scared when



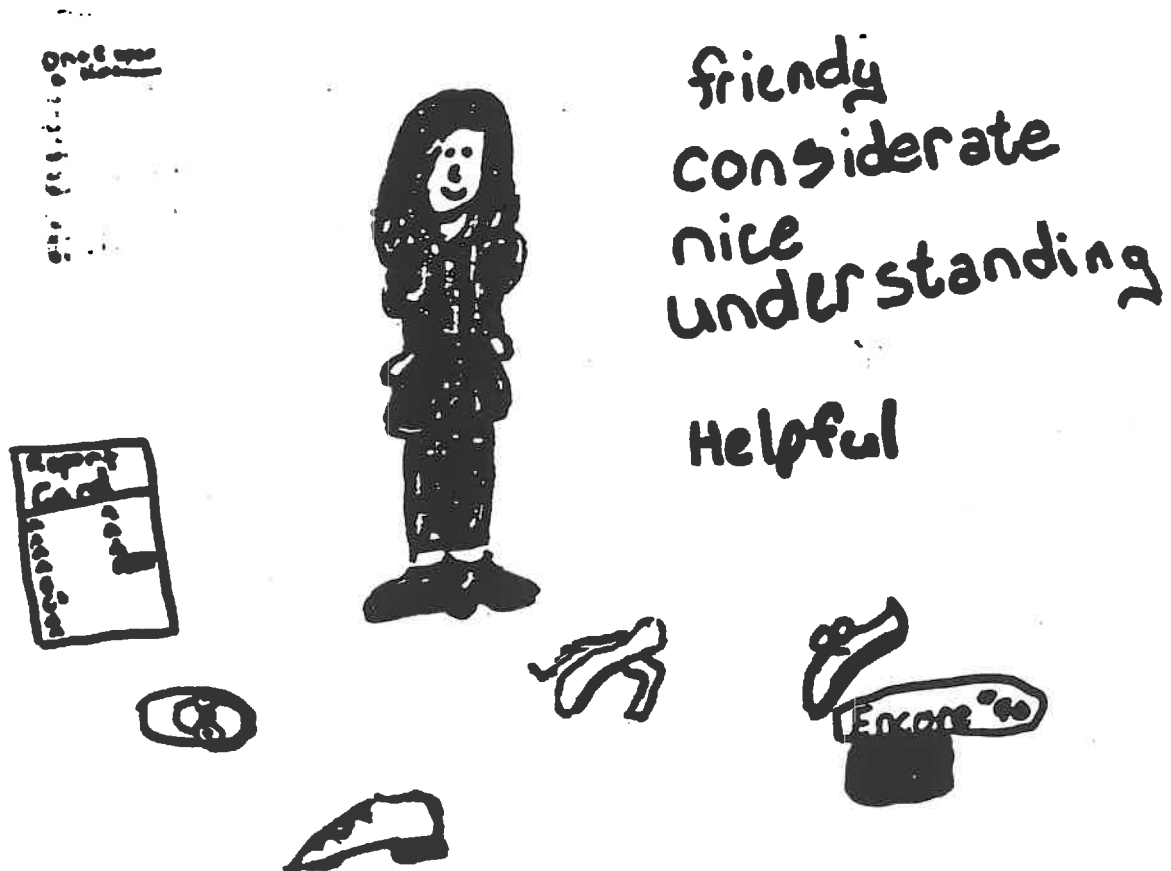
2. The Angry Child:

- has learned to respond to anger with violence
- takes anger out on innocent victims (anger may be misdirected)
- may be slow to anger or express anger constantly
- may become the target of further anger directed at him



3. The Model Child:

- tries to do no wrong to avoid further violence
- frequently blames self for the problems of the family
- may try and take over the parenting role



Reactions to violence may be different depending on your child's sex:

- Boys may act out and show a lot of anger.
- Girls may withdraw, become the model child, or become fearful.

Unfortunately, unless we help children unlearn these behavioral reactions, these behaviors will not just go away...

Some Facts and Figures

Statistics show that many males from partner abusing families will themselves become abusers and that many females from partner abusing families will themselves become victims.

Kids learn from what they are exposed to; they learn that abuse is OK in families; they learn that violence is the way to deal with conflict. This is called the intergenerational transmission of violence.

But - kids can unlearn their behavior.

But - it takes some help from the adults in their lives.

If children are given a lot of support and understanding, the intergenerational transmission of violence can be stopped.

Your children are, after all, the future for all of us.

IS THE BEHAVIOR THAT MY CHILD IS SHOWING NORMAL FOR HIS AGE, OR IS IT A RESPONSE TO THE VIOLENCE?

All kids display behaviors which are typical of their developmental stage. Some of these behaviours are easy to live with, while others we look forward to them growing out of.

When upset, almost all young children are reluctant or unable to talk about what's troubling them. Instead they act out their unhappiness or distress. Kids who have been living in homes where fearful silence and tension is normal may even be more reluctant to discuss their feelings.

In order to be "heard" and get the attention they need, these children may exhibit various demanding behaviors. Although all kids behave this way at times, sometimes these behaviors are especially excessive in kids who have witnessed violence in their homes.

(Sinclair, 1985)

COMMON REACTIONS TO VIOLENCE IN CHILDREN ACCORDING TO STAGES OF DEVELOPMENT

Infants and Preschoolers (birth to 5 years).

- physical complaints (stomach aches, headaches)
- sleep disturbances (insomnia, fear of the dark, resistance to bedtime)
- bed-wetting (after being toilet trained)
- excessive separation anxieties
- whining, clinging, anxiousness
- failure to thrive

She may also blame herself for the separation and try desperately to reunite her mother and father. Finding this impossible, she will often fantasize that Mom and Dad are still living together.

In general, the behaviors preschoolers display are regressive - they go back to behaving like a baby. Babies need a lot of attention.

I feel sad when



fiteing

School-age (6-12 years)

Normally children at this stage become less concerned with themselves and their family and more involved with the larger world around them (school, peers, after school activities). Often this stage brings feelings of restlessness and irritability, some rebellion towards authority, and lack of obedience.

School-age children who have witnessed abuse and are experiencing distress may exhibit any of the following:

- fear of being abandoned
- fear of being killed or fear of themselves killing someone else
- fear of their own anger and others' anger
- eating disturbances (under or over eating, or hoarding food)
- feelings of insecurity or distrust of the environment, especially if there have been frequent, unpredictable parental separations that they were not informed about
- clumsy, accident-prone behavior
- fear of attending school
- being labelled "slow learner"

Kids sometimes will experience one extreme... or the other

- impaired concentration or excellent academic work
- difficulty with schoolwork or perfectionistic standards
- poor attendance in school or over-responsibility (often the oldest child)

Children at this stage may exhibit some behaviors specific to their sex.

GIRLS MAY:

- continue to have physical complaints (headaches, stomach aches)
- be withdrawn, passive and show compliant, clinging behaviour
- show approval-seeking behaviour
- act as "mother's little helper"
- have low frustration tolerance, or infinite patience (either extreme)

BOYS MAY:

- show aggressive, acting out behaviour
- fight with siblings and classmates
- show low frustration tolerance
- engage in bullying

Adolescence (13 + years)

Adolescence is a time when we expect children to begin to act more "adult" whether they are ready to or not. Teenagers are more interested in themselves and their friends than their parents, teachers, or any other authority figures.

While most teenagers and their families experience these years as a particularly stressful stage, the behaviors of teens from violent homes is often more extreme.

Some of the more extreme behaviors seen in teens who have witnessed abuse include:

- escape into drug or alcohol abuse
- running away from home
- escape into pregnancy and/or early marriage
- suicidal thoughts and actions
- homicidal thoughts and actions
- criminal activities, such as drug dealing and theft
- chronic truancy

Teenagers will continue to exhibit some behaviors specific to their sex.

GIRLS

- A girl's behavior is often related to her father's response to his teenage, physically mature daughter.
- Her father may treat her as a second wife: jealous and controlling, suspicious of any interest in boys.
- Her behaviour may be reflecting fantasized or actual incestuous acts with her father.

BOYS

- A boy may try to protect you while his father is around.
- Once father is out of the home a boy may attempt to follow in Dad's footsteps by abusing mom (this can happen with girls too.)

(Adolescence cont'd)

GIRLS

- Subsequently, a young woman may hate her own body, feel confused about her sexuality or feel she's being punished because she's female like her mother.

She may be:

- sexually promiscuous, or withdrawn, or she may completely deny her sexuality.

BOYS

- A young man may learn to hate his own body and feel confused about his sexuality (he thinks being male is being like Dad being mean and abusive.)

He may be:

- sexually promiscuous, or withdrawn, or may avoid contact with the opposite sex.

(Sinclair, 1985)

GENERAL GUIDELINES FOR PARENTING

I. THE CHILDREN

1. **SET LIMITS** - do not be afraid to tell your kids what the limits are in a firm loving manner
 - Tell them clearly what they can and cannot do.
 - Tell them what will happen if they "misbehave."
 - Make the discipline fit the misbehavior (e.g. throwing a toy at a sibling or friend results in having a toy taken away.)
 - Carry out discipline as soon as possible after the incident.
2. **DO NOT HIT YOUR CHILDREN** - (including spanking, slapping, etc.)
 - They have come from a violent situation and they need to feel safe.
 - Children who grow up with violence often become violent adults.
 - Children need to learn peaceful ways of dealing with conflict.
3. **ENCOURAGE YOUR CHILDREN TO USE ANGER TECHNIQUES**
 - Anger is okay; encourage it to be expressed in non-violent ways (talking, punching a pillow.)
 - Give and accept direct verbal anger appropriately, (e.g. I am angry _____; I want _____.)
 - Use time out sparingly and briefly when anger is too high (for example send your child to his room for no more than one minute per year of child over 3 years.)
 - Find safe, physical outlets for anger.
4. **ENCOURAGE YOUR CHILDREN TO EXPRESS THEIR FEELINGS.** A child's anger, for example, may be covering up other feelings such as fear, guilt, unhappiness. Sometimes getting rid of the anger is helped by getting upset, crying, and/or talking about being really scared. Teach "language of the heart" (sad, mad, frustrated, angry, happy, etc.)

5. **ASSURE YOUR CHILDREN THAT YOU LOVE THEM.** This is not only done through saying "I love you" and hugs, but also through active listening, empathy, showing real support, being on their side no matter what, initiating contact, and spontaneous acts of love. They need this more than anything else.
6. **YOUR CHILDREN NEED TO DEPEND ON YOU.** Don't expect them to act as your best friend or partner. Let them be dependent on you.
7. **LET YOUR CHILDREN KNOW** that you are big enough and strong enough to handle all their feelings.
8. **GENERALLY, CHILDREN NEED TO KNOW** that they will be believed; they need to have a routine with predictable, secure environment and parent, guidelines and boundaries. They need to feel safe and learn how to trust, they need to be allowed to be noisy, run around, have fun and be kids.
9. **THEY ALSO NEED TO KNOW** they are not powerless, helpless, or inadequate.

II. YOU AS A SINGLE PARENT

Single Parenting

1. **REMEBER THAT YOU HAVE NEEDS TOO.** You need your friends; you need time alone. If your children try and make you stay in, tell them your needs and that you are genuinely sorry if it makes them angry or sad. Go ahead with your plans, telling them when you will be back. You do not need to feel guilty about taking time for yourself. Try and arrange babysitting once a week either by trading with friends or hiring a baby-sitter.
2. **PLAN GOOD TIMES WITH YOUR CHILDREN.** It is important that you take a little time every day to have fun with your children. You can learn new, inexpensive ways to have fun with them. For example, go to a park, to a museum, or just go for a walk. You don't have to have money to spend time with your kids.

3. **ACCEPT THAT YOU ARE NOT PERFECT.** Don't feel guilty about it. Continue to do your best and be open to changing what doesn't work and learning new ways.
4. **REMEMBER THAT YOU HAVE MADE POSITIVE CHANGES** for yourself and your children. Give yourself credit for your courage and strength.

III. YOU AND YOUR CHILDREN

1. **PUT ALL YOUR GUILT IN THE GARBAGE.** Throw your guilt away; it just gets in the way. You are doing the best that you can for you and your children.
2. **ADJUSTMENTS TO SEPARATIONS** can take a couple of years, and feelings change.
 - Explain the separation to your children.
 - Don't put their father down in front of them.
 - Encourage them to express their feelings about the separation.
 - Allow safe contact with their father.
3. **YOUR CHILDREN MAY HAVE CONFUSED FEELINGS** about you and their father.
 - You can let them know that he is still their father and that they can still love him even though you are not living together and may never live together again.
 - Let them know they do not have to choose one parent over the other.
 - Let them know they can love and hate both parents at the same time.
4. **LISTEN TO YOUR CHILDREN'S FEELINGS ABOUT MOVING.** They may be angry with you for taking them away from their friends and home. In telling you this, they are also telling you that they feel safe and secure enough to share their feelings.

5. **CHILDREN NEED TO FEEL** (loved, accepted, and **SAFE** in their family.) This means that living in a home where there is no violence is better for them than living in a home where they never know when violence will erupt.
6. **ENCOURAGE YOUR CHILDREN TO HAVE FRIENDS** in the new community as soon as possible. Friendships can help them regain security.
7. **TALK TO YOUR CHILDREN ABOUT HITTING**
 - Make a rule that no one should hit anyone else and then enforce it.
 - Encourage your children to develop other ways of expressing frustration and anger besides hitting someone (e.g. punching a pillow, physical exercise, talking it out.)

RESOURCES - VANCOUVER AND LOWER MAINLAND

The addresses and phone numbers of these resources are current as of June, 1996. Where numbers or locations are not current and no forwarding directions are given, try Vancouver Status of Women at 255-5511. They (VSW) also have recently published an excellent guide entitled "Vancouver and Lower Mainland: Single Mothers' Resource Guide" which lists most of the resources catalogued here plus give lots of helpful information for single parents:

This resource list is divided into the following categories:

- 1) Women's Transition Houses and Shelters
- 2) Women's Crisis Centres and Lines
- 3) Legal Assistance
- 4) Women's Centres (counselling, health, parenting)
- 5) Culturally-Specific Services
- 6) Gay and Lesbian Services
- 7) Services for the Disabled
- 8) Counselling for Abused Women and Children who have Witnessed Abuse.
- 9) Parenting Groups
- 10) Miscellaneous Resources
- 11) Reading Resources

HOUSING

TRANSITION HOMES: Transition homes are safe and free accommodations provided for women and their children who are leaving abusive relationships. They may be phoned day or night and offer shelter for up to 30 days. They have workers who will provide information on housing, money, legal matters and a variety of other important issues relevant to this situation.

Vancouver

- Kate Booth House 872 - 7774
- Helping Spirit Lodge (for
Aboriginal women) 872 - 6649

Abbotsford/Matsqui/Sardis

- Abbotsford Transition House 852 - 6008
- Xolhemet (Sardis) 858 - 0468

Burnaby

- Marguerite Dixon House 298 - 3454
525 - 1101

Chilliwack

- Ann Davis Transition House 792 - 3116
Crisis line 792 - 0727

Coquitlam

- Coquitlam Transition House 464 - 2020
After hours through Lifeline
Crisis Centre 525 - 3330

Howe Sound

(Squamish, Whistler, Pemberton and
Britannia Beach)

- Howe Sound Women's Centre 892 - 5748

Langley

- Ishtar Transition House 530 - 9442

Maple Ridge/ Mission

- Cythera Transition House 467 - 9966
- Mission Transition House 826 - 7800

North Vancouver

- Emily Murphy House 987 - 3374

Richmond

- Nova Transition House 270 - 4911

Sechelt

- Sechelt Transition House 885 - 2944

Surrey

- Evergreen Transition House 584 - 3301
After hours through Surrey
Crisis Line 588 - 0188
- Virginia Sam House 572 - 5116

White Rock

- Atria House 531 - 4430
After hours through Surrey
Crisis Line 588 - 0188

SECOND STAGE HOUSING: Second stage housing provides safe and free accommodation for greater than 30 days to women and their children who have left abusive relationships. Help is provided in making long range plans for independent living.

- Act Two Child and Family Services 937 - 7776
- second stage housing up to 6 months
- counselling, workshops for children

Munroe House

- 734 - 5722
- second stage housing for battered women and their children
- referrals from the "Y" and transition houses

SHELTERS: While transition houses offer accommodation to women who have left abusive relationships, shelters offer a place for women who may be homeless for any reason. The requirement to stay at these shelters is that you are on GAIN from MSSH or are destitute.

Fine Day Shelter

736 - 2423

- protected environment for women and children in crisis
- referral through MSSH

Powell Place Sanctuary for women

606 - 0404

- will provide space for women and children or single women for 30 days
- referral from MSSH

Sheena Place

581 - 1538

- provides shelter for up to 30 days
- referral from MSSH

YWCA

895 - 5800

- long or short-term stays available
- free counselling
- single mothers' support groups

HOUSING IN GENERAL: Often women who have left an abusive relationship struggle to find adequate housing.

**B.C. Housing Management Commission,
Community Services (Housing) Branch
4328 Kingsway, Burnaby
V5H 2A5**

433 - 2218

- operates own social housing and provides funding for non-profit housing societies
- subsidized units are assigned on a needs based system with first priority given to women who have fled abusive relationships or are residing in transition homes
- call or write for application forms and information

Crisis Centres and Crisis Lines: (Are staffed by people trained to help in any type of crisis, for example: depression, suicide, physical and mental abuse; marital and family upset.)

Crisis Centre:

Battered Women's Support Services 687 - 1867

(Monday to Friday, 10:00 a.m. - 5:00 p.m.,

Wednesday, 10:00 a.m. to 8:00 p.m.)

- You can call this number if you just want to talk.

Crises Lines:

Burnaby 872 - 3311
 Vancouver (24 hours)
 North Vancouver
 West Vancouver
 Bowen Island

Richmond 279 - 7070
 Delta (9 a.m. to midnight)
 Ladner
 Tsawassen

Coquitlam 931 - 5996
 Port Coquitlam (24 hours)
 Port Moody
 Maple Ridge
 Pitt Meadows
 New Westminster

Surrey 951 - 8855
 White Rock (24 hours)

Langley 530 - 5385

The Helpline for Children Dial Zero
 then ask for Zenith 1234

Legal Advice: Women who have left abusive relationships often find themselves needing assistance with custody and access issues, immigration problems, separation agreements and orders of protection.

Dial-a-Law 687 - 4680

- prerecorded tapes to address specific legal problems
- will also send you printed information (Mon - Fri, 8:30 a.m. to 4:30 p.m.)

Law Line 660 - 4673

- information on legal issues
- referral to appropriate lawyers (Mon - Thurs, 10:00 a.m. to 4:00 p.m. Friday, 10:00 a.m. to 1:00 p.m.)

Law Students' Legal Advice Program 822 - 5791

- free legal clinics throughout Lower Mainland or 685 - 3425

Lawyer Referral 687 - 3221

- will make referrals to men and women lawyers

Legal Services Society (Legal Aid) 660 - 4600

- 1140 West Pender Street, Vancouver
- general legal information library open to public Mon - Fri, 8:30 a.m. to 4:30 p.m.

North Shore Community Law 985 - 7138

- 1060 Roosevelt Cr., North Vancouver
- information and representation for low income people (Mon - Fri, 9:00 a.m. to 4:30 p.m.)

UBC Legal Clinic 822 - 5911

Vancouver Status of Women 255 - 5511

- will make referrals to women lawyers

(Legal Advice cont'd)

Vancouver Aboriginal Justice Centre Society 684 - 2121

Main Floor - 73 Water Street, Vancouver

- advocates for Aboriginal people in Vancouver and surrounding areas with regard to legal rights
- provides legal representation

Westminster Community Legal Services Society 524 - 0381

#103 - 668 Carnarvon Street, New Westminster

- serves low-income people
(Monday - Friday, 9:00 a.m. to 5:00 p.m)

Women Against Violence Against Women (WAVAW) 255 - 6228

#303 - 877 E. Hastings Street, Vancouver

- Rape Crisis Centre 255 - 6344
(24 hr line)
- counselling and many other services for mothers

*There is a pamphlet entitled "Assault: Violence Against Women in Relationships" that explains **How** an assaulted woman can get **Help** and **What** she can expect from the Justice System. This pamphlet can be ordered free of charge from:

Distribution Clerk
Publishing Program
Legal Services Society
1500 - 1140 W. Pender Street
Vancouver, B.C. V6E 4G1
Fax: 660 - 4420

WOMEN'S CENTRES offer a variety of services: support, health resources, counselling and crisis intervention.

Downtown Eastside Women's Centre 681 - 8480

44 East Cordova St., Vancouver

Open:

Mon - Fri 10:30 a.m. to 5:00 p.m.

Tuesday 11:00 a.m. to 5:00 p.m.

Sunday 12:00 p.m. to 5:00 p.m.

- crisis intervention counselling
- support groups, workshops, seminars
- free use of facilities: telephone, laundry, typewriter, sewing machine, clothing, shower, etc.

North Shore Women's Centre 984 - 6009

3090 Lonsdale Avenue, North Vancouver

- information centre, seminars, workshops
- referrals for health, housing, counselling, etc.
- library

Port Coquitlam Area Women's Centre 941 - 6311

2420 Mary Hill Road, Port Coquitlam

- as above

931 - 5996

(crisis line)

Richmond Women's Resource Centre 279 - 7060

#110 - 7000 Minoru Blvd., Richmond

- battered women's support group
- workshops, seminars, resource library

South Surrey/White Rock Women's Place 536 - 9611

15318 - 20th Avenue, Surrey

- groups, seminars, library

Vancouver Status of Women 255 - 5511

301 - 1720 Grant Street, Vancouver

- women's organization providing legal and other referral services
- drop-in centre, resources, and research facilities on issues affecting women
- open 9:30 a.m. - 5:30 p.m. Mon - Thurs
- publishes newsletter, *Kinesis*

(Women's Centres cont'd)

Vancouver Women's Health Collective 736 - 5262

#219 - 1675 W. 8th Avenue, Vancouver

- doctor directory - how to find a new doctor
- physical and emotional health counselling
- counselling for wanted and unwanted pregnancies
- volunteer operated

CULTURALLY-SPECIFIC SERVICES

Immigrant Services Society of B.C. 684 - 2561

- serves immigrant refugees and non-English speaking residents
- assists in settlement and encourages integration into the community, also escort/interpretation services in many languages (Chinese, Punjabi, Vietnamese, etc.)
- provides programs for women; counselling, training programs, information and referral services

India Mahila Association 321 - 7225

- help for South Asian women immigrants in violent family situations

Judith Dumont Metis/Native Women's Society 597 - 4741

- individual counselling for abused women
- Metis/Native Cultural Awareness through self-healing
- drop-in support groups
- structured group sessions
- outreach, crisis and life skills counselling
- services in Punjabi, Hindi and French available upon request

(Culturally-Specific Services cont'd)

MOSAIC 254 - 9626

- provides oral and written translation in 70 languages
- volunteer interpretation available on a 24-hour basis through 911 emergency service
- women's training program
- counselling, orientation, employment program

SUCCESS (United Chinese Community Enrichment Service Society) 684 - 1628

- provides information on counselling, filling out forms, interpretation and referral services
- English and citizenship classes

Vancouver & Lower Mainland Multicultural Family Support Services Society 436 - 1025

- individual and group counselling
- educational programs and support services dealing with legal and social systems specific to women experiencing domestic violence
- services available in Hindi, Punjabi, Gujarati, Vietnamese, Spanish, Farsi and many other languages

GAY AND LESBIAN SERVICES

Vancouver Gay and Lesbian Centre 684 - 5307
1170 Bute Street, Vancouver 684 - 6869

- confidential information and referrals (Help line)
- counselling
- free legal clinic
- library
- social activities

Vancouver Lesbian Connection 254 - 8458
876 Commercial Drive, Vancouver

- peer counselling
- library
- support groups
- Moms &Tots drop in

SERVICES FOR THE DISABLED

- | | |
|---|-------------------|
| B.C. Coalition of People with Disabilities | 875 - 0811 |
| #204 - 456 West Broadway, Vancouver | |
| <ul style="list-style-type: none"> • individual and group advocacy for disabled people • mental health empowerment program for people with mental health disabilities • information and referral on community services and resources • education on social and legal rights | |
| Battered Women's Support Services | 687 - 1867 |
| <ul style="list-style-type: none"> • has persons available to communicate in sign language | |
| Disabled Women's Network (DAWN) | 253 - 6620 |
| <ul style="list-style-type: none"> • information, referral and support services for disabled women | |
| Virginia Sam Transition House | 572 - 5116 |
| <ul style="list-style-type: none"> • is wheel chair assessible | |

COUNSELLING SERVICES

Family Services of Greater Vancouver 731 - 4951

- counselling for individuals, couples, families seeking professional help.
- groups for parents
- groups for women and men recently out of relationships
- family violence intervention program
- groups for children who have witnessed family violence
- serves Richmond and New Westminster
- fees on a sliding scale

Fraser'side Shelter 525 - 7732

- counselling program for children and adolescents who have witnessed or experienced serious family conflicts (such as abuse of their mothers)
- children's support groups
- individual counselling

Fax: 525 - 7054

Indian Homemakers' Association

- counselling services for families
- drop-in 8:30 a.m. to 4:30 p.m.
- employment counselling
- used clothing delivery

876 - 0944

876 - 1460

Jewish Family Services Agency

- marriage, family, individual counselling
- employment counselling
- family life education workshop
- counselling for new immigrants
- fees on a sliding scale

257 - 5151

(Counselling Services cont'd)

- | | |
|---|-------------------|
| Langley Family Services Association | 534 - 7921 |
| <ul style="list-style-type: none"> • family counselling and information on resources available • parenting groups • teen self-help groups • Family Place for mothers with small children • no fee except parenting groups • immigrant services: citizenship classes, interpreting, advocacy, etc. • day care registry • drug and alcohol program • family advancement/parent support - outreach parenting program for preschool and schoolage children | |
| Living Through Loss | 873 - 5013 |
| <ul style="list-style-type: none"> • self-help group for divorced, separated, or widowed women • fees on a sliding scale | |
| North Shore Counselling Centre | 926 - 5495 |
| <ul style="list-style-type: none"> • all types of counselling services • fees on a sliding scale | |
| The Path Centre | 420 - 2002 |
| <ul style="list-style-type: none"> • free counselling for women and children who live in Coquitlam, Port Coquitlam, Port Moody, Anmore or Belcarra • individual and group counselling for children aged 4 to 12 who have witnessed family violence • individual and group counselling for women who are victims of family violence | |
| SAFER | 879 - 9251 |
| <ul style="list-style-type: none"> • depression and suicide attempt counselling service | |

(Counselling Services cont'd)

Unitarian Family Life Centre 266 - 5611

- individual and family counselling
- fees on a sliding scale
- Tuesday morning - single mothers' food bank (by referral)

Vancouver Aboriginal Friendship Centre 251 - 4844

- individual and parenting counselling services
- teen mothers' support group
- employment counselling
- day care, including special needs day care
- recreation activities.

PARENTING GROUPS

Parenting groups are found in several of the resources previously listed in this guide. For example, the YWCA runs 19 single-mothers support groups in the Lower Mainland (895 - 5800) and Family Services of Vancouver runs parenting groups (731-4951). There are parenting groups offered elsewhere as well. Some are listed below.

Act II Society

- parent groups for parents of children under 6 585 - 9067
- therapy and counselling also available
- MSSH referrals only

B.C. Parents in Crisis

- self-help support groups for parents having trouble coping with their children 669 - 1616
Crisis line
1-800-665-6880
- groups facilitated by volunteers
- throughout Lower Mainland and British Columbia

Burnaby Family Life Institute

250 Willingdon Avenue, Burnaby

299 - 9736

Modern Families: shared parenting group

(joint custody, blended families, single parents, etc.)

- group is facilitated by a single mother

Single Parents Support Group

- weekly
- free, including free child care
- counsellor led

Children from Single Parent Families Art Therapy

- for ages 6 to 8 and 9 to 11.
(also Family and Friends Group for age newborn to schoolage)

Mums' Parenting-Solo Support Group

Little Mountain Neighborhood House

- weekly evening group

879 - 7104

(Parenting Groups cont'd)

Parents Together**Helpline 325 - 0511**

- self help, support group for parents of teenagers and young adults with behavioral problems
- 11 groups throughout the Lower Mainland

Office 325 - 0556**Parents Without Partners****944 - 1075**

- programs for single parents and children together and for single parents alone

Project Parent Burnaby/New Westminster

- parenting programs
- family focused, day-time courses on-going
- parenting skills, evening course 8 week session
- MSSH referred

Project Parent East**255 - 9568****Project Parent West****875 - 6277****Tough Love****583 - 7319**

- self help support groups for parents of teenagers experiencing behavioral problems (younger children's behavior also discussed)
- throughout Lower Mainland

Single Mothers' Self-Help Group**941 - 6311**

- Port Coquitlam Women's Centre

YWCA**895 - 5800**

- single mother support group (19 throughout the Lower Mainland)

Family Places are located in most areas of Vancouver and the Lower Mainland. Each Family Place offers a place where parents can come with their children, meet other parents, and if interested take part in various programs. The children play in parent and/or employee supervised playrooms. Activities for the children may include arts and crafts, reading aloud, snack time and unstructured play time. Fees vary, as does the general organization of each Family Place. Some also offer child-minding. Many offer single parent support groups. At most of the Family Places a variety of languages are spoken. Phone for more information:

Branching Out Family Drop-In Riley Park Recreation Centre, 50 East 30th Avenue, Vancouver	257 - 8545
Cameron Recreation Centre 9523 Cameron, Burnaby (formerly at Burnaby Family Life Institute)	421 - 5225
East Side Family Place 1661 Napier Street, Vancouver	255 - 9841
Hastings Family Drop-In Centre 3096 East Hastings Street, Vancouver	255 - 2606
Langley Family Place 5339 - 207th Street, Langley	534 - 7921
Marpole Oakridge Neighborhood Place 1305 West 70th Avenue, Vancouver	263 - 1405
Minoru House 7080 Minoru Blvd., Richmond	278 - 1175
Mount Pleasant Family Centre 2910 St. George Street, Vancouver	872 - 6757
New Westminster Family Place 611 Agnes Street, New Westminster	520 - 3666

(Family Places cont'd)

Richmond Family Place 6560 Gilbert Road, Richmond	278 - 4336
South Vancouver Family Place 2295 East 61st, Vancouver	325 - 5213
West Side Family Place 2819 West 11th, Vancouver	738 - 2819

MISCELLANEOUS RESOURCES**Big Brothers** 876 - 2447

- for boys from ages 7 to 12 from father-absent homes
- will provide adult male, trained, screened volunteers to offer guidance and friendship
- free

Big Sisters 873 - 4525

- for boys ages 7 to 12 and girls ages 7 to 17
- trained, screened, adult volunteers provide friendship through shared activities
- 8 to 12 month waiting period in Vancouver

READING RESOURCES

There are so many books on how-to-parent that it is difficult to know which is the appropriate one for any particular parenting challenge. Some of the books discussed here are general guides. They are good resource books and can be of help in many child-care/parenting dilemmas.

Many of the books listed contain their own bibliography to point you in the direction of other valuable books on parenting.

Librarians can also help you find books to assist you in resolving parenting problems. Whenever possible discuss the ideas found in the books with other single mothers. You can be valuable resources to each other.

GOOD LUCK!



BASIC GROWTH AND DEVELOPMENT

Brazelton, T. B. (1984). To listen to a child: Understand the normal problems of growing up. Don Mills, Ontario: Addison-Wesley.

This book, written in a very supportive, empathetic manner, explores common childhood issues from both the child's and parents' viewpoint. Brazelton points out that many of the normal childhood problems such as fears, feeding, sleep problems, stomach aches, asthma, etc., can be minimized if parents learn to listen to their children's anxiety. By listening and not adding more tension and guilt, excess pressure is removed and the problems often go away or cease to be "problems." Problems and issues are considered from a developmental approach. This is a very useful resource book for infancy to adolescence.

Brazelton, T. B. (1992). Touchpoints: The essential reference. Don Mills, Ontario: Addison-Wesley.

This most recent guide by Brazelton addresses common concerns and questions about your child's emotional and behavioural development from birth to 6 years. Along with describing regular childhood development, Brazelton includes topics that deal with depression, divorce, hyperactivity, fears, discipline, loss, grief, self esteem, sleep problems and many others. Again, this is a straightforward, easy to read book with a lot of valuable information and advice.

Princeton Centre for Infancy (1978). The Parenting advisor. F. Caplan. (Ed.). Garden City: Doubleday.

An encyclopedic guide to parenting compiled by child-rearing specialists and parents. There are short but fairly thorough sections on most aspects of growth and development from infancy to the preschool years. The chapter, "Today's Family," addresses the special concerns of parenting related to single-parenting, working parent, babysitters, daycare, divorce, separation and moving.

Leach, P. (1989). Your baby and child from birth to age five.
New York: A. A. Knopf.

A valuable age specific guide to baby and preschool care. Leach is a mother and a psychologist whose advice to parents is "go by the baby not by the book." This advice however, is backed up with very supportive guidance given in a sensitive, caring manner allowing for each parent's own intuitive approach to caring for their child. Highly recommended by many health care workers.

Spock, B. (1976). Baby and childcare. Revised edition. New York:
Simon & Schuster.

Probably the best known name on the subject of baby care. Spock has been guiding parents through the stages from birth to adolescence on most aspects of child care for several generations. Spock's manner is also very supportive of parents, recognizing and encouraging their own intuitive child care abilities. A good resource guide covering most practical and many psychological issues of baby and childcare.

HEALTH GUIDES

Boston Women's Health Book Collective (1984). The new our bodies our selves: A book by and for women. New York: Simon & Schuster.

A comprehensive guide that covers all aspects of general health and hygiene for women.

Editors of the Wellness Letter, University of California Berkeley
(1991). The wellness encyclopedia. Boston: Houghton Mifflin Company.

By providing the reader with a range of healthy lifestyle choices, The Wellness Encyclopedia shows us how to reach and maintain an optimal state of health. Specifically it focuses on the areas of nutrition, exercise, self-care, longevity and environment and safety, the ultimate goal being avoidance of illness, increasing energy and looking good! Also included in this guide is information on coping with stress, health-care alternatives and clarification of the misconceptions about diet and exercise. This is a non-technical, very informative guide.

Reader's Digest (1992). The good health fact book. Montreal: The Reader's Digest Association (Canada Ltd.)

A comprehensive health maintenance manual written in easy-to-understand language. Answers to more than 1,000 health and medical questions are provided to help the reader make responsible life choices that will have a positive impact on maintaining a healthy body, as well as fighting off illness. This book explores the areas of diet, exercise, taking part in your own health care, dealing with doctors, mental health, chronic health problems, longevity, health hazards, self treatment of simple problems, recognizing when to call the doctor, as well as many others. There is also an A to Z section on how to deal with emergencies.

PARENTING - GENERAL GUIDES

Bettelheim, B. (1987). A good enough parent. A book on child rearing. New York: Vintage Books.

Bettelheim was a well known child psychologist. In this book, he asks the question: "What is more important, raising a child who is a success in the eyes of the world or one that on reflection would be well pleased with the way he was raised, and who... is satisfied with himself despite the shortcomings to which all of us are prey." Instead of telling parents specifically what to do in any given parenting situation, he suggests methods that can enhance both the parent's and child's own abilities to act spontaneously and to be themselves. He sees this as a way to help the children learn how to "cope with reality successfully on his own terms." This book is not an instant how-to-parent guide, but for those who have the time to read, it will allow them to develop their own insights as to why they and their children behave the way they do and how to cope with that behavior.

Briggs, D. C. (1975). Your child's self-esteem. Garden City: Doubleday.

A how-to-parent guide written by a woman psychologist working in the area of family and marriage counselling. Parenting guidelines are developmentally appropriate and are given always with the child's self-image viewed as the single most important factor. This book is recommended by other parenting specialists and is considered to be a valuable resource for all parents, including those who are separated or divorced. Included in this book is a good reading list of parenting books covering a wide range of issues.

Fraiberg, Selma (1959). The magic years. New York: Scribner & Sons.

Fraiberg is a child therapist whose approach to parenting is based on the developmental stage the child is currently in. Her primary focus is how to help your children develop a healthy conscience. She explains that by understanding why your children act the way they do as a result of their developmental stage, parents will have a much better quality of understanding that can provide the right answers at critical moments. Fraiberg gives a warmly written, sensitive approach to parenting offered with much empathy and insight towards parents. This book is of particular use for families with preschoolers as a large section discusses the developmental and behavioral issues of that group.

Faber, A. & Mazlish, E. (1974). Liberated parents, liberated children. New York: Editorial Correspondents.

The authors introduce the ideas of Haim Ginott (Between parent and child) to demonstrate that children respond far more favorably and cooperatively to being treated with respect and compassion, than they do to judgement and criticism. The message here is, the process we use to parent our child determines the kind of human being that the child will become. Written from the point of view of a fictional mother, who together with other mothers attends a weekly parenting course led by Ginott. Their parenting successes and failures are recounted at the weekly sessions where the group discusses alternative ways of dealing with parenting dilemmas. Very readable.

Also by Faber and Mazlish: How to talk so kids will listen, and listen so kids will talk. New York: Editorial Correspondents.

The how-to companion guide to Liberated parents, liberated children. How-to listen to and understand your child's concerns; how-to have co-operation in your family - without nagging; how you and your children deal with feelings, how-to find alternatives to punishment; how-to help your child attain a positive self-image. This book provides examples and exercises to help teach parents the skills presented in Liberated parents, liberated children. The text is personalized and the style humorous - very easy to read. Examples of dialogues are presented in cartoons showing the way to and the way not to talk and to listen to your children. If there is just not enough time in your life to read parenting books, try to make time to read this one.

Elkind, D. (1993). Parenting your teenager in the 90's. Rosemont, N.J.: Modern learning press.

Child psychologist Elkind uses his extensive knowledge of and experience with adolescents to provide insight and advice on the challenges and choices that teens and their parents face in the 90's. This easy to read book helps parents deal with issues that are essential to teens. Guidance is provided in the crucial areas of self esteem, sexuality, peer groups, depression, mood swings, need for privacy, confronting violence and drug and alcohol abuse, as well as many others. This is an interesting and valuable resource for parents of teens.

DIVORCE

Bieninfield, F.(1987). Helping your child succeed after divorce. Claremont, Ca: Hunter House.

This book is written by a woman marriage and family counsellor who has worked extensively in the areas of divorce, mediation and conciliation. The purpose of her book is to assist the divorcing parent(s) to provide a secure and nurturing environment for their children after divorce in spite of their own pain. Although empathizing with the parent's anger and sense of futility, the author's real focus is on the effect of divorce on the developing child's life and how the resulting pain can be minimized for the child.

(Bieninfield, cont'd)

Child custody mediation is described and encouraged as a means of avoiding ongoing battles between divorced parents. Also encouraged is the inclusion of children in the mediation sessions

Joint custody is described and defined using the terms "joint legal custody" and "joint physical custody". Guidelines are given to help parents work out suitable parenting arrangements. A large section of the book looks at how children express their feelings about their parent's divorce and custody issues through drawing. There is also a Question and Answer chapter which addresses various real life difficult divorce situations in the form of letters to the author.

Included in this book is a reading list of books about children of divorce for parents, adults, children, step-parents, and single-parents.

Ahrons, C. R. (1994). The good divorce. Keeping your family together when your marriage comes apart. New York: Harper Collins.

This book by Ahrons, a well known family therapist and professor of sociology, provides guidance on how to meet the needs of your family after divorce. By redefining and removing the stigma of divorce she teaches us strategies that encourage healthy family development and strengthen family bonds. Through her experience as a family therapist she is able to teach us methods that are effective in dealing with all aspects of divorce and presents the aftermath of divorce in a hopeful, rather than damaging light.

I. FOR PARENTS

Adler, R.E. (1980). Sharing the children: How to resolve custody problems and get on with your life. Bethesda: Adler & Adler.

A guide book on working out a realistic, liveable solution to divorce and custody problems. The author, a clinical psychologist provides stage-by-stage guidance through the divorce process. He gives supportive, practical advice in the hope that all affected by the divorce will end up "winning".

(Adler, cont'd)

Included are three appendices which may be particularly helpful.

1. Where you stand: A self-help checklist for parents
A questionnaire to help you determine objectively how you see your ex-spouse as a parent and what to do with that information.
2. Age-appropriate schedules
A developmental guide from birth to eighteen; what's important, what to watch for, some possible parenting plans, and what to do if problems arise.
3. Stages of divorce
 1. Before the breakup
 2. Separating
 3. Crazy time
 4. A new beginning
 5. A new identity

Includes a comprehensive booklist for divorce, custody, child development, mothering and fathering, legal matters.

Goldstein, S. (1982). Divorced parenting: How to make it work. Toronto: McGraw Hill.

Another helpful guide, written by a woman lawyer, to the stages leading up to, through, and after divorce with emphasis on the children's perspective of events. Although less current than the other two divorce guides this one offers much the same basic advice about including the children in discussing their custody, visitation, etc., and putting them before you and your ex-spouse's conflicts.

Goldstein, S., & Solnid, A. J. (1984). Divorce and your child: Practical suggestions for parents. Toronto: McGraw Hill.

Similar to Goldstein's earlier guide. Co-written by a psychiatrist and psychoanalyst.

II. FOR CHILDREN

Boekman, C. (1980). Surviving your parents divorce. Toronto: Franklin Watts.

A book written for older children and teenagers whose parents are either about to, in the midst of, or already have splitup. The style is a bit more grownup than Gilbert's book, (see below), but essentially offers similar advice and support. Each section is written from a child's point of view, which makes the text interesting and readable for kids experiencing their parent's divorce.

Gilbert, S. (1982). How to live with a single parent. New York: Lothcop, Lee and Shepard Books.

For older children and teens whose parents have divorced or separated or whose mother or father has died or who have always lived in a single-parent family. Written in a style kids can easily understand and relate to. Includes a source for support section with names of both non-fiction self-help guides and action books whose characters are also learning to live in single-parent families.

REFERENCES

Justice Institute of B.C. and Legal Services Society. (1995). Assault: Violence against women in relationships (2nd ed.) [pamphlet]. Vancouver: Author.

Sinclair, D. (1985). Understanding Wife Assault: A Training Manual For Counsellors And Advocates. Toronto: Ontario Ministry of community and social services, Family Violence Program.