
Why?

Children, as well as adults need information about the divorce process. The class helps to identify feelings common to children in divorce situations, while teaching communication skills to empower children to express their feelings. The class covers the divorce process and explains that it is not the child's fault.

What?

The class is taught by experienced mental health professionals, who address the most common issues of children whose parents are divorcing and discuss various coping alternatives.

When?

Classes are held once a month for each age group. For a current class schedule visit:

www.utcourts.gov/DivorceEdForChildren/

Where?

Classes are currently held virtually

Cost?

The classes are free of charge

Registration?

www.utcourts.gov/DivorceEdForChildren/
or call 801-578-3897

*Pre-registration is mandatory

A confirmation will be sent to you prior to the class. You should plan to log in 5 minutes prior to the class. We hope this will help with a smooth transition for your children during your divorce.

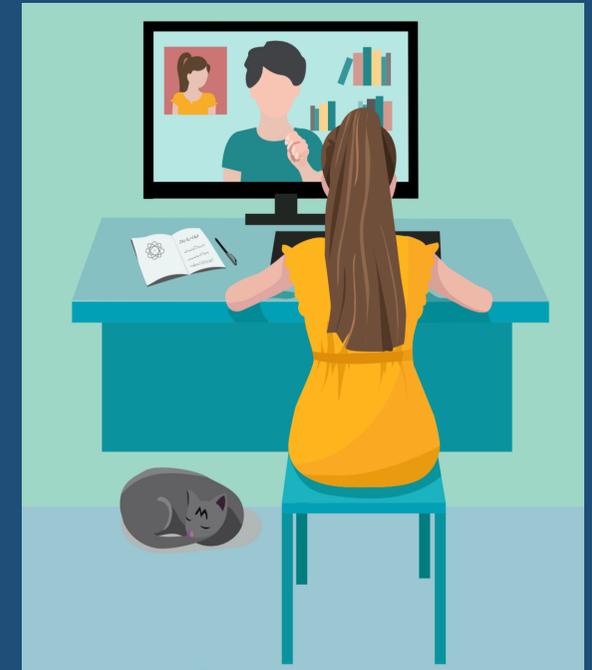
Please note, the class is intended only for the children registered. Parents and others will not be allowed to attend the class.

More Information



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UTAH STATE COURTS



Divorce Education for Children



Divorce Education for Children

When adults go through a divorce, there are programs available to assist them in making the transition, including a mandatory class offered through the Utah State Courts, but what about the children of divorcing parents? A gap exists between programs that are available for adults and classes available for children of divorcing parents. To fill this need, the Utah State Courts has developed a program called Divorce Education for Children.

Children's Class

The Divorce Education Class is available for children 6 - 17 years old, whose parents are divorced or divorcing. The class is presented virtually each month and is offered to each age group: 6-8, 9-12, and 13-17.

Ages 6 -12 attend a two-part class. Each class is one-hour and held on two separate days.

Ages 13-17 attend a one-time class that is an hour and a half in length.

The program's curriculum provides children with skills they can use to better express their feelings to parents. Mental health professionals teach the class with the assistance from state court judges and commissioners.

The class is not intended as psychotherapy and participation in the children's class is voluntary.

Children often feel responsible for their parents' divorce. The course is designed to minimize the adverse effects divorce has on children by teaching them coping skills.

Here are some of the responses from children who have attended the class and parents whose children have attended the class:

"I learned that my parents decide why they want a divorce, and I don't need to get caught up in it."

"I learned the divorce is not my fault."

"My child is more confident in talking about her anger and more able to express her hurt."

In 2020, **14,107** divorce cases were filed in Utah.

12,666 children were involved in those cases.

Our Vision is that every child in Utah can experience a healthy family transition in a divorce or separation

WHAT WE DO

Identify Feelings

Help Children identify and express difficult feelings common in divorce

Empower Kids

Teach coping techniques and communication skills kids can use at home

Enhance Understanding

Clarify divorce related misconceptions and emphasize divorce is not their fault

Encourage Support

Foster a supportive group environment by connecting kids with other kids going through similar situations

Our mission is to educate Utah families experiencing parental separation by empowering children with the tools that will enhance their social and emotional well-being

In memory of Commissioner Michael S. Evans, who loved children & created this program