

YOUR DIRECTION

SUPPORTING YOUNG PEOPLE WHEN THEIR PARENTS SEPARATE



Your Direction is a five session workshop that brings young people together to talk about their parents' separation or divorce. Together we explore the challenges and highlight tools and skills that help.

Increasing young people's resilience, wellbeing and relationship skills

Developed with children's charity Spurgeons, the workshop combines the experience of children whose parents have separated, with expertise from professional counsellors and parenting specialists. The workshop is stuffed with practical tips that create lively discussions to help 12 - 30 year olds navigate their parents' breakup successfully.

"A space to explore and get tools you need to thrive and live a full life"

Workshop Participant

WHY YOUR DIRECTION?

Children and young people are the greatest innocent victims when families break down. Its negative impacts can be significant and long lasting if they aren't supported. Their mental and emotional wellbeing, academic performance and future relationships can all be affected. Children's voices are often lost as their parents try to deal with their own emotions and the logistics of separation.

It isn't just younger children who are affected by family breakdown. Teens and young adults can also be significantly impacted when their parent's separate.

With over 25 year's experience supporting adults to recover from relationship breakdown we have seen how critical support for children, as well as the separating couple, is.



In the last 5 years
1.4 million
children experienced
their parents separating

A child born today has a
1 in 3 chance
of not living with both
parents by age 15

50%



of parents separate during
their child's lifetime

"My parent's divorce is an event and not a defining feature of my life."

Workshop Participant

Fegans
Counselling Children, Supporting Parents

spurgeons
children's charity

Your Direction was developed in partnership with Fegans, now part of Spurgeons

WHAT'S IT LIKE?

The workshop has five sessions that include a mix of videos and discussion. The content comes from relationship experts and other young people who have successfully navigated their parents' separation. It covers key topics including communicating well, understanding your feelings, dealing with change, letting go and thinking about the future. There's time to connect with the other guests and the leaders and helpers who usually have first-hand experience of going through separation or divorce themselves.

"It is a safe place to share how you feel about your parents' divorce and to build skills to bring you more freedom and peace in your relationship with your parents."

Workshop Participant

WHO'S IT FOR?

Your Direction is just for the young people themselves to attend without their parents. It's a safe space where they can talk about their feelings with other young people who are facing similar situations.

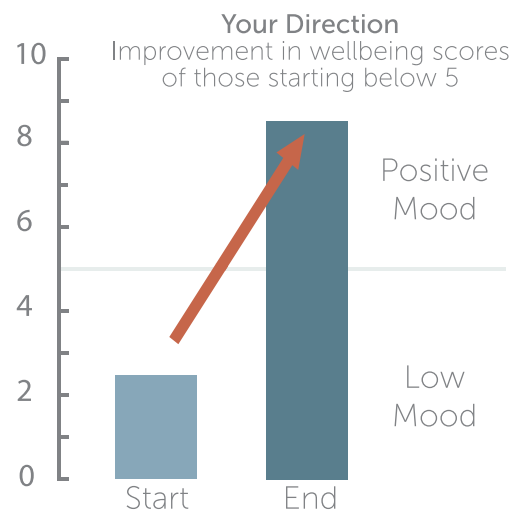
It is available for two age groups (12-18 and 18-30).

WHAT'S THE IMPACT?

Your Direction receives positive feedback from participants who report:

- Feeling validated, understood and less alone
- Being more aware of their feelings and how to deal with them
- Starting to set healthy boundaries
- Understanding the importance of communication through active listening and expressing themselves
- Focussing on their own development
- Improved wellbeing in a crisis situation

We track the efficacy of our courses by asking guests to rate their well being at the start and the end. Those who started with a low well being of below 5 (averaged 3.3), increased to 8.0 at the end.



About Restored Lives

Restored Lives helps people recover from relationship breakdown by coming alongside them at the time of crisis and giving them skills to move on successfully. Through this work we reduce the negative impact of breakups on individuals, children and communities, increase people's well being and give them hope for their future.

For more information visit:

www.restoredlives.org

