



**KidsConnex**® is a two session educational program for children and teens in transition created by the National Family Resiliency Center (NFRC).

NFRC's award-winning programs, including support groups for children and teens, have helped thousands of family members.

**KidsConnex** provides a sense of hope and a practical guide to handling family transitions through normalizing a family transition and teaching skills to help children and teens cope with family change

The National Family Resiliency Center, Inc.  
10632 Little Patuxent Parkway, Suite 121  
Columbia, MD 21044

# KIDSCONNEX

An Educational Program for  
Children and Teens in  
Transition

developed by:

The National Family Resiliency Center.



# Building Bridges to Connect Families

Experiencing a family transition is difficult for parents and children. Children and teens often feel like their worlds are turned upside down and aren't sure about what the changes in their lives will be and how they will handle such changes. Emotions are like a roller coaster, sometimes changing moment to moment. Having support will help children and teens to be healthier and better able to focus on succeeding in school and other areas of their lives.

**KidsConnex**© is a program designed to help children and teens express their feelings related to the losses they and their families experience, learn tools to cope with changes such as missing parents, worrying about their lives and their parents, adjusting to new significant others, remembering their school work at two different homes and most importantly, learning how to stay out of being in the middle of their parents' issues.



Examples of **KidsConnex**© activities include stories, film clips of other children and parents addressing important issues, music about family transitions and activities such as “Building Bridges between Parents and Children” and “I am Captain of My Own Ship” which help children who feel rejected and or abandoned by their parents.

**NFRC gratefully acknowledges funding for KidsConnex from:**

Howard County CSP Grant

Columbia Foundation

Mead Family Foundation

Milkshake

The Horizon Foundation

twenty-five-forty-five of the Columbia Foundation

## Registration Information

**Dates:** Winter/Spring 2012

March 15 & March 22, 2012

April 26 & May 3, 2012

May 31 & June 7, 2012

**Time:** 5:30– 7:30PM (8:00PM 2<sup>nd</sup> night)

**Cost:** \$75 (*a discount available for siblings*)

Fee will be based on the number of children in a family who will be participating.

**Place:** NFRC – 10632 Little Patuxent Parkway,  
Suite 121, Columbia, MD 21044

To register, please call or email NFRC.

410-740-9553 / 301-384-0079

email: [sales@nfrchelp.org](mailto:sales@nfrchelp.org)

