



Separation and Divorce

Resources for Canadian Primary Care Professionals

Compiled by

Peter M. Kondra MD, MSc, FRCPC
and Brenda Mills, C&Y MHC
Hamilton Family Health Team
Child and Youth Mental Health Initiative

in collaboration with

Helen Spenser MD, CCFP, FRCPC
Children's Hospital of Eastern Ontario, Ottawa, Ontario

and Blair Ritchie, MD, FRCPC,
Alberta Health Services, University of Calgary

Disclaimer

This information is for general education only. The accuracy, completeness, adequacy or currency of the content is not warranted or guaranteed. Users should always seek the advice of physicians or other qualified health providers with questions regarding a health condition. Any practice described here should be applied by a health professional in accordance with professional standards of care used with regard to the unique circumstances that apply in each practice situation. The author disclaims any liability, loss, injury or damage incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this information.



This work is "licensed" under a Creative Commons License
Attribution-NonCommercial NoDerivatives 4.0 Canada,
<https://creativecommons.org/licenses/by-nc-nd/4.0/>



Separation and Divorce Overview

A separation or divorce is a stressful time for family members. The family physician's office is often the first place the family goes to seek help.

As a healthcare provider, it can be confusing and overwhelming understanding your role and responsibilities during this highly emotional time in a family's life.

The following resources can be used as a guide and educational tools to help the family cope with these changes.

Healthcare provider resources include:

- A letter that can be sent to the family by the practice with appropriate patient handouts
- Parent waiver for counselling of a child
- A comprehensive list of books and websites for children, youth and parents

Patient resources include:

- Guidance for parents on how to help their children
- How to avoid having the children caught in the middle
- A children's activity book to help cope with their feelings
- Brief, printable books for both parent and child
- A comprehensive list of books and websites for children, youth and parents