



Separation and Divorce

Resources for Canadian Primary Care Professionals

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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