



If you are separating, divorcing or remarrying and have children – we can help.

## **HOW WE HELP CHANGING FAMILIES**

Every family is unique. We meet with families to discuss their particular situation and identify their strengths and resources. Based on our research, clinical experience and the separation experiences of hundreds of families, we design programs that address critical issues such as:

- Reducing parent conflict
- Building effective parenting partnerships
- Supporting children's grieving
- Developing strong parent-child relationships
- Building successful stepfamilies

Working along with children and parents, we develop strategies for resolving the issues of concern.

Research demonstrates that early support is important in helping parents plan how to care for children when they no longer live together. Parents who are already living apart benefit from learning ways of supporting children adjusting to the changing family circumstances. Our programs help children and parents achieve their goals.

## **PROGRAMING INCLUDES:**

- Individual and family counselling
- Therapeutic groups for children and parents
- Closed mediation of parenting plan issues including children's residential schedules
- Support programs for mothers and fathers living apart from their children
- Parenting skills groups for single parents
- Educational programs covering topics such as explaining divorce to children, understanding children's reactions to family change, reducing parental conflict, child support, parenting plans, raising healthy children, fathering and stepparenting.

Families in Transition staff are involved in social justice issues relevant to changing families, such as child support and law reform related to decision-making about children after separation. Our staff also conduct research and provide training and consultation to other professionals.

## **OUR COMMITMENT TO CHILDREN AND PARENTS**

We provide a supportive and confidential environment. We are a voluntary agency and not connected to the court system. This means that parents initiate a request for service. Our services complement assistance parents receive from lawyers or the court. We do not take sides in disputes between parents. Our work is directed to determining what each individual child needs and ways of supporting their adjustment to the changing family circumstances.

## **HOW TO REACH US**

To make an appointment or for more information about Family Service Toronto programs, call **416-595-9618**. To register for Families in Transition seminars, or request copies of our publications or additional information, email us at [fit@familyservicetoronto.org](mailto:fit@familyservicetoronto.org) or call **416-585-9151**. *"Coping with Change"*, a semi-annual brochure, describes group programs for children and parents. For answers to Frequently Asked Questions (FAQ), please consult our website or telephone us.

We are located in Lawrence Square, 700 Lawrence Avenue West (at the Allen Road), Lawrence West subway stop on the TTC Spadina Line.

Our services are available to anyone living or working in Toronto, regardless of race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, age, disability, level of literacy, marital or family status, income or political affiliation. Fees are based on family income and size and no one is ever turned away due to an inability to pay.

Visit our website at: [www.familyservicetoronto.org](http://www.familyservicetoronto.org)



For People For Change

**FAMILY SERVICE TORONTO**

FST welcomes diversity and is committed to a policy of equity and inclusion.



**United Way  
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