

SANDCASTLES' GOALS

- Understand their feelings are normal and that they are not alone
- Express their thoughts and feelings productively in a safe, supportive environment
- Begin to feel comfortable communicating with their parents and others about the divorce
- Understand how divorce affects them and learn skills to handle their reactions to it
- See problems differently and create coping strategies and solution-oriented skills that lead to life changes related and unrelated to divorce
- Understand that many types of families are possible