

Divorce Hurts.



Kids In the Middle Helps.®



K i d s I n t h e M i d d l e®

Helping children since 1977

www.kidsinthemiddle.org • 314-909-9922

Kids should not:

- Be put in the position of a message carrier
- Be asked to be the family spy
- Be told negative information about either parent
- Be interrogated after a visit with the other parent
- Be used as a weapon against the other parent
- Be exposed to conflict between the parents
- Feel responsible for the parents' divorce
- Be burdened with adult issues such as court proceedings or finances

Kids need to:

- Express love for both parents
- Remain connected to both parents' families
- Remain involved in both parents' lives
- Express their thoughts and feelings
- Be in a stable, safe environment
- Remain a child and not a parental confidant
- Be told about family changes such as moving
- Be loved unconditionally



What we do

Kids In the Middle provides therapy, education and support for families from the time parents make the decision to separate, during the divorce process and afterwards. We help kids talk about what “bugs” them

about divorce. We

help kids ages 3½

through 18 cope

with their fears,

anxiety, depression

and anger. We teach

parents how to help their children through the

difficult changes in the family. We help parents

settle themselves emotionally so they can “be

there” for their kids. Most

importantly, we help parents

communicate and co-parent

without conflict to

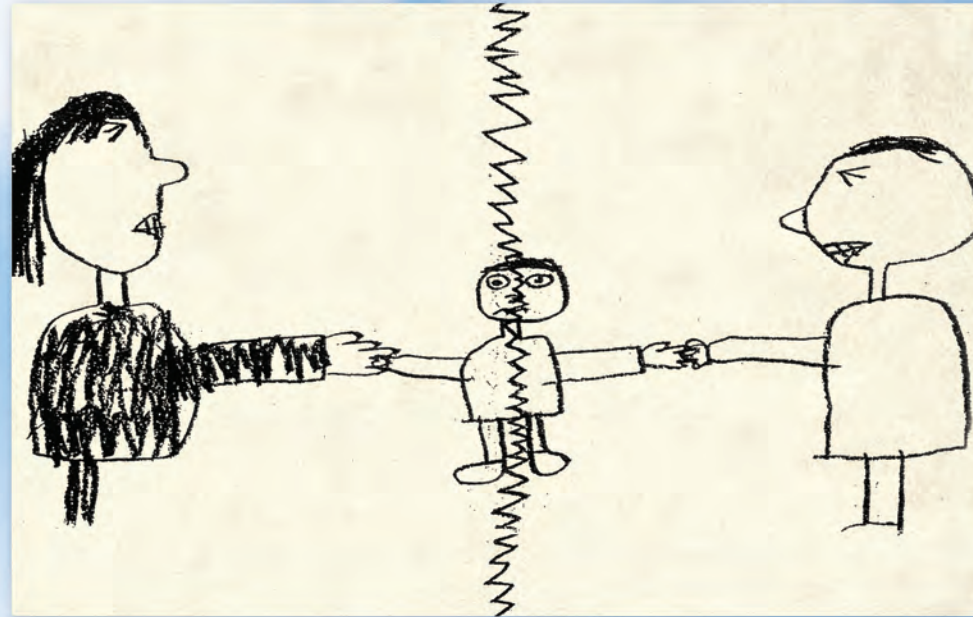
provide their

kids with safe,

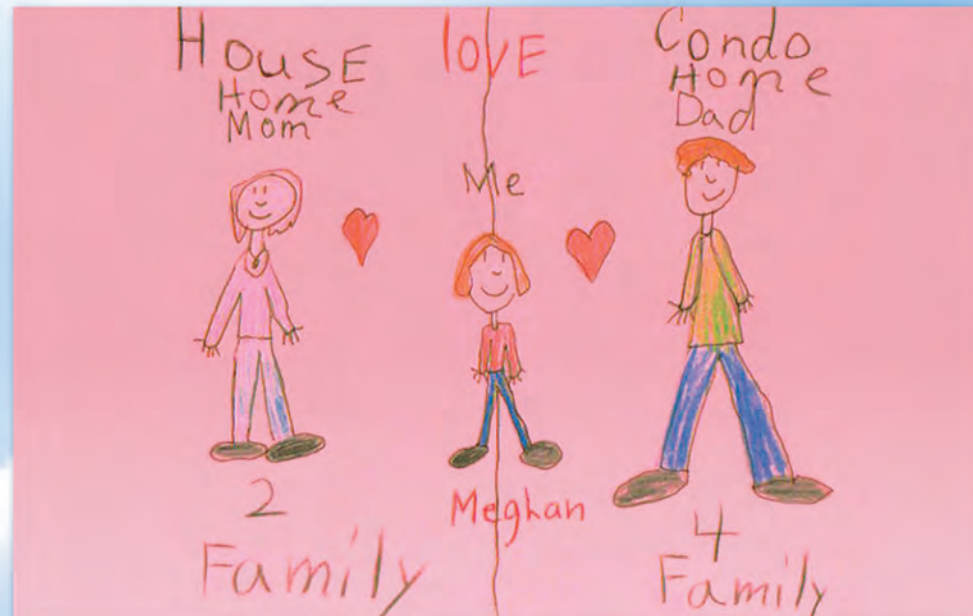
loving homes.



We help families change from this...

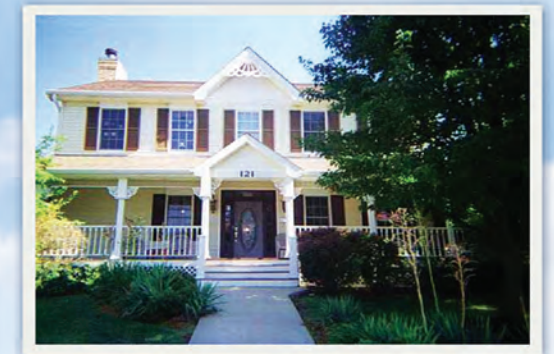


To this...



How we do it

- Consultations with parents
- Family assessments
- Group therapy for children
- Individual therapy for children
- Individual therapy for parents
- Family therapy
- Co-parenting therapy
- Parent groups
- Education and support



Kids In the Middle - St. Louis, MO



Kids In the Middle®

121 W. Monroe Ave.
St. Louis, MO 63122
(314) 909-9922
info@kitm.org
www.kidsinthemiddle.org



Proud member of



United Way
of Greater St. Louis



Our Mission:

Kids In the Middle strengthens family relationships by providing high quality and affordable therapy, education and support to children and families coping with divorce and other transitions.