

# Resource Guide For Families In Any Stage Of Divorce

Divorce is a challenging and emotional process that can affect the entire family. Whether you are contemplating divorce, going through the legal proceedings, or trying to navigate life post-divorce, having the right resources can make a significant difference in your experience. In this resource guide, we will provide you with a comprehensive list of tools, support groups, and expert advice to help you and your family cope with divorce.

## 1. Legal Resources

One of the first steps in divorce is ensuring you have the right legal support. Hiring an experienced divorce attorney can help you navigate the complex legal system and ensure your rights are protected. Here are some resources to help you find the right lawyer:

- **Local Bar Association:** Contact your local bar association to get a list of reputable divorce attorneys in your area.
- **Online Legal Directories:** Websites like Avvo and FindLaw provide comprehensive listings of divorce attorneys, along with reviews and ratings from previous clients.
- **Referrals:** Ask trusted friends or family members who have gone through a divorce for recommendations.

## 2. Support Groups

Divorce can bring about a range of emotions, and having a support system can be invaluable during this time. Joining a support group allows you to connect with

others who are going through similar experiences and share your thoughts and feelings. Here are a few national support groups worth exploring:



## Speaking Out: Voices of Adult Children of Divorce: A resource guide for families in any stage of divorce by Jody Comins (Kindle Edition)

★★★★★ 5 out of 5

Language	: English
File size	: 1732 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 80 pages
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- DivorceCare: This organization offers support groups all over the country, providing a safe space for individuals to heal and grow.
- Parents Without Partners: A non-profit organization that provides support and social activities for single parents.
- Online Forums: Platforms like Reddit have dedicated divorce support communities where you can seek advice and share your story.

### 3. Financial Advice

Divorce often brings significant financial changes. Seeking the guidance of a financial advisor or planner can help you manage your finances and plan for your future. Here are some resources to help you find the right financial professional:

- **NAPFA:** The National Association of Personal Financial Advisors offers a directory of fee-only financial advisors who can assist you during the divorce process.
- **Certified Divorce Financial Analyst (CDFA):** A CDFA specializes in financial issues related to divorce and can provide expert advice on topics such as property division and alimony.
- **Local Bank or Credit Union:** Many financial institutions have financial advisors on staff who can offer guidance tailored to your specific situation.

#### **4. Parenting Resources**

Divorce inevitably impacts the children involved. Finding resources to help you co-parent effectively and ensure your children's well-being is crucial. Consider the following resources:

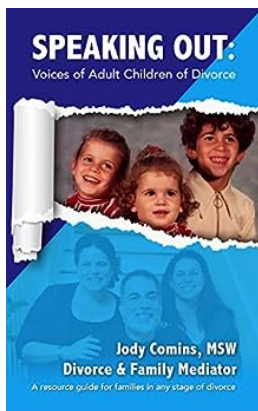
- **Parenting Classes:** Many courts require divorcing parents to attend parenting classes. These classes can teach valuable communication and co-parenting skills.
- **Family Therapist:** A family therapist can provide guidance and support to help the entire family navigate the challenges of divorce.
- **Books and Literature:** Numerous books offer advice on co-parenting, explaining divorce to children, and helping them through the process.

#### **5. Self-Care and Emotional Support**

Divorce can take a toll on your mental and emotional well-being. Prioritizing self-care and seeking emotional support are essential during this time. Here are some resources to consider:

- **Therapy:** Individual therapy can help you process your emotions and develop coping strategies for dealing with divorce.
- **Yoga and Meditation:** Engaging in activities like yoga and meditation can promote relaxation and reduce stress.
- **Online Communities:** Connecting with others going through divorce via online forums and social media groups can provide a sense of belonging and support.

Remember, divorce is a journey, and it's normal to feel overwhelmed at times. By utilizing the resources available to you, you can ensure a smoother transition and find support during every stage of the process. Take advantage of the legal, emotional, and financial resources mentioned above to help you and your family navigate the challenges of divorce.



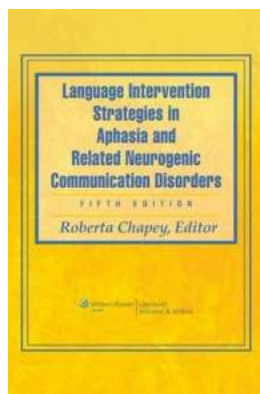
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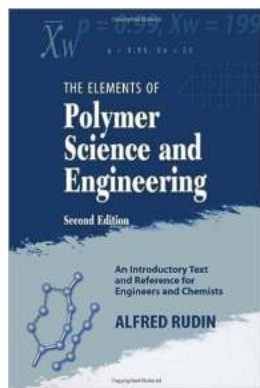


"Speaking Out: Voices of Adult Children of Divorce" literally takes the voices of men and women who have parents that divorced in their childhood or while young adults. Through their stories and her personal experience as an adult child of divorce, Jody Comins, weaves their expressions together to send a message to divorcing couples of today. This book is ideal for anyone contemplating a divorce, going through a divorce, and even post- divorce, to understand how their behavior directly impacts the outcome for their children. Jody Comins suggests “nurturing” your divorce and gives practical tips in each chapter.



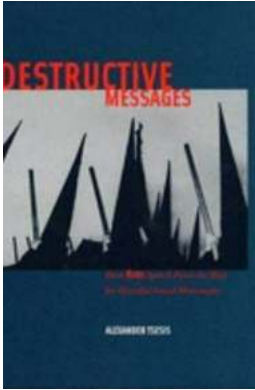
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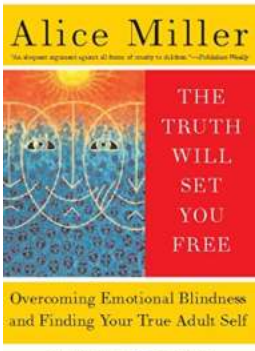
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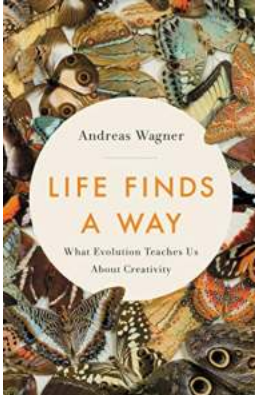
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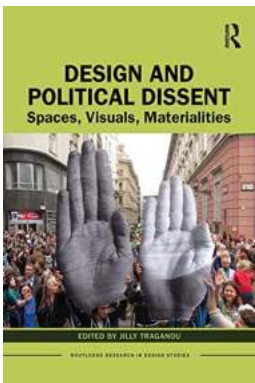
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