



Kids In The Middle®

Divorce Hurts. Kids In The Middle Helps.®

About Us:

Kids In The Middle (KITM) is a nationally accredited non-profit specializing in providing services that are unavailable elsewhere in the greater St. Louis region. KITM has successfully provided counseling, education, and support to children and families since 1977. Our agency is recognized as a leader in the field, receiving national accreditation from the Council on Accreditation (COA).

We use an evidence-based program, Children of Divorce Intervention Program (CODIP) in conjunction with a family systems approach, making Kids In The Middle uniquely qualified to provide much-needed counseling services.

Kids In The Middle does not turn anyone away regardless of their inability to pay. We provide services on a sliding scale through the generosity of private foundations, individual and corporate donors, the United Way of Greater St. Louis, and the St. Louis County Children's Service Fund.

Programs

Counseling for Children (ages 3 ½ to 18)

- **Group Counseling** – These include five to seven children of similar age and grade level that meet weekly with a therapist. Children help each other normalize their feelings and learn how to cope. They share their experiences, thoughts, feelings, difficulties, and coping skills with other group members through therapeutic activities, including bibliotherapy (books), therapeutic games, creative writing, art activities, and play therapy.
- **Individual Counseling** – Recommended when the child's needs are better addressed in a one-on-one setting.

Counseling for Parents

- **Consultation** – Offered only to parent(s) as a one-time appointment with a therapist to receive assistance with a specific child-related issue. Consultations are helpful for parents who are preparing to separate or planning to re-marry and would like to consult with a therapist about the best way to tell the children.
- **Individual Counseling** – This solution-focused service centers on the parent's ability to adjust to single parenting and learn how to assist their children through the family transition.
- **Co-parenting** – Offered as co-parenting group counseling, individual, or joint co-parenting therapy to reduce conflict and promote positive interactions.

Counseling for the Family

For the family or blended family – examine issues together to achieve better communication and clarify and strengthen relationships between new family members.

Co-Parenting Education (COPE) Classes

COPE is a specialized education course for parents in the process of separation, divorce, modification, and otherwise unmarried parents of minor children who come before the courts in need of educational tools and knowledge. KITM's COPE class meets the state mandated parent education requirements and has been designed to assist parents in understanding the effects of family changes on their child(ren), as well as keep the child(ren) from being put "in the middle" of parental conflict.



Mission

Kids In The Middle empowers children, parents and families during and after divorce through counseling, education, and support. Kids In The Middle has but one focus – helping children and families affected by difficult family transitions. KITM's services emphasize building on children's strengths and providing support and opportunities to help them achieve goals and transition into adulthood in a productive, healthy manner.

www.kidsinthemiddle.org



314-909-9922 • info@kitm.org
2650 S. Hanley Road • Suite 150 • Maplewood, MO 63144

