



**FREE 8 - WEEK PROGRAM FOR
KIDS (AGES 5-11) AND TEENS (AGES 12-18)**

CHILDREN FIRST FOUNDATION

Features weekly one-hour in-person sessions to help children through a parent's divorce or separation

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Sessions include understanding divorce, normalizing changes, communicating feelings, gaining social support, and more

BELLEVILLE

Sessions On Wednesdays 6-7 & 7-8

1909 Dublin Blvd, Suite B
Belleville, IL 62221

WOOD RIVER

Sessions On Thursdays 6-7 & 7-8

101 E. Edwardsville Rd.
Wood River, IL 62095

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Or contact Children 1st Foundation: 618-235-6192