GEMS

A peer support program for children of separated/divorced parents

This program helps children identify their feelings about divorce and separation and gives them the vocabulary to talk about what is happening in their lives.

GEMS makes children more aware of feelings that can affect adult behaviour, helps them prepare for and deal with changes in their lives and guides them in the building of personal coping skills.

The student workbook includes units with the following themes:

- Diamond - "I am Special"
- Sapphire - "Feelings, Feelings, Feelings"
- Ruby - "I am so mad, I could . . . . ."
- Jade - "Parents have feelings too"
- Pearl - "Moving on"
- Agate - "My World is Changing"
- Amethyst - "Taking Care of Myself"
- Opal - "My Special Support"
- Emerald - "What's in a Family?"

This program is written for students in K - 3 or Grades 4 - 6

SOUTH WINNIPEG Family INFORMATION CENTRE

SUPPORTING AND STRENGTHENING FAMILIES

Lower Level, 800 Point Road
Winnipeg, MB R3T 3L8
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Fax: 284.9315
Website: www.swfic.org

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ORDER FORM

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# Required		Total Price
_____	Facilitator Manual **$50.00**	_____
_____	Student Manual **$10.00**	_____

Please indicate if you require manuals for K– 3 or Grades 4 - 6

☐ K - 3 ☐ Grade 4 - 6

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