

Kids First Workshop Frequently Asked Questions

Q. What are the Kids First Workshops for Children of Divorce?

A. Kids First offers workshops designed to help children understand and cope with their parents' separation and divorce. Children are grouped by grade level, and there are separate curricula for grades K-2, 3-5, 6-8, and 9-12. The educational workshops are interactive and utilize artwork, games, discussions, videos, and role-plays. Classes are 2 hours for K-2 and 9-12 and 2.5 hours for 3-5 and 6-8.

Q. Who attends the Kids First Workshops?

A. The workshops are for children ages 6-16 of divorcing parents. Parents do not attend the workshops. *This class is not for children whose parents are modifying a divorce decree or were never married.*

Q. Why does the court require kids to go to the class?

A. The court is concerned about the impact that divorce can have on children. The class helps kids understand and cope with separation and divorce.

The class gives kids a confidential and neutral place to talk about their feelings, the opportunity to have their questions answered in an age-appropriate way by people with knowledge about divorce, and tools to use to adjust to family changes. One of the biggest benefits of the class is that the kids are grouped with other kids their age who are going through similar experiences. Kids see that they're not alone. Children receive a workbook to take home and share with parents.

Q. What is the content of the class?

A. Through activities, games, role plays and movie clips, kids learn:

- their feelings are normal and okay.
- it's important to express their feelings to parents and other adults in their support network.
- they have a right not to be in the middle of their parents' fights and a right not to take sides.
- the legal process at an age-appropriate level (for example, words they might hear).
- their family is always their family, and that there is hope that things can get better.

Q. How much does the class cost?

A. The workshop is \$25 for one child or \$40 maximum per family. The fee can be paid online at <https://secure.lawpay.com/pages/kidsfirstlawcenter/operating>. Alternately, a check may be mailed or cash/check may be brought in-person to Kids First (420 6th St. SE Suite 160, Cedar Rapids, 52401 or 501 SW 7th St. Suite G6, Des Moines, 50309) one week prior to the workshop. Checks should be made payable to Kids First. Low income families can inquire about how to qualify to have the fee waived.

Q. What if we need to reschedule?

A. It is very important for Kids First to know how many children will be attending each workshop. If a child is registered for one of the workshops and cannot attend, parents must notify Kids First as far in advance as possible at 319-365-5437 (Linn/Johnson) or 515-414-9562 (Polk).

Q. How does the Court know my child attended the class?

A. Kids First records the case number at the time of registration. Within one week after all of the kids in a family have attended, Kids First files a certificate of completion with the Court.

Q. Where is the workshop held?

A. Cedar Rapids – Kids First Law Center, 420 6th Street SE in the Sister Mary Lawrence Community Center. There is a parking lot in front. When you enter the building you will see the workshop room directly ahead.

Des Moines – Community Youth Concepts Building, 1446 Martin Luther King Jr Pkwy, Des Moines, IA 50313. There is a parking lot around back and one across the street. Please come to the front door.

North Liberty – North Liberty Recreation Center, 520 W Cherry Street. The registration confirmation email/letter you received indicates whether the workshop will be held in a meeting room in the library or a classroom in the rec center. (The library is located within the rec center.)

If you have further questions, contact Kids First at
319-365-5437 (Linn/Johnson) or 515-414-9562 (Polk)
or WorkshopsByKidsFirst@gmail.com.