

# Rollercoasters

## Fun games and activities

help children through the  
transition of divorce or  
separation

### Parents and kids love the workshop:

*"My child got to come to a safe  
place to share feelings and learn  
how to handle anger."*

*"The instructors were great! The  
children were really put at ease."*

*"It helped my child to understand  
that their parents would not be  
getting back together."*

*"I think the class is great."*

*"I really liked it and it was very  
fun"*

*"I loved the teachers"*

*"I liked all the friends I met  
there."*

*"I enjoyed everything"*

*"I will miss the class"*

eliminating racism  
empowering women  
**YWCA**  
YWCA of Salem  
325 13th St NE  
Salem OR 97301

# Rollercoasters

## a fun program for **children** of divorce or separation



Non-Profit Org.  
U.S. Postage  
**Paid**  
Salem OR  
Permit No. 118

# Rollercoasters

## Class Schedule

One-hour class per week for 8 weeks:

Fall	October-December
Spring	March-May

Specific dates vary from year to year. For the most current schedule of classes, visit our website at [www.ywcasalem.org](http://www.ywcasalem.org)

## Two Age Groups:

1st-3rd graders, 6:00-6:50 PM  
4th-6th graders, 7:00-7:50 PM

We keep class sizes small at 6-8 kids in each class.  
Space is limited so register early.

## Topics include:

- Week 1: **Everything is different**
- Week 2: **Is it my fault?**
- Week 3: **I wish everything was back to normal**
- Week 4: **What hasn't changed?**
- Week 5: **I am so mad!**
- Week 6: **Nobody knows how I feel**
- Week 7: **Who can I talk to?**
- Week 8: **What I have learned**

## FAQ

### Who can sign up for Rollercoasters?

Rollercoasters is for all children, girls and boys, in the 1st-6th grade who have been through their parents' divorce or separation. You don't have to be a member of the YWCA to enroll.

### Why do classes start with first graders?

First grade is generally when we think children are developmentally ready for this type of workshop, but it depends on the child. We do allow children who are age five to attend if the parent feels the child will participate and benefit from it.

### When is the best time to enroll my child in Rollercoasters?

Any time is good, but children seem to benefit if a small amount of time has passed since the separation. Waiting a while gives the children time to experience some of the changes they will talk about in class. We recommend waiting about 6 months from the time of separation, but it is really up to you to decide when you think the class would be best.

### Can my two kids be in the same class if they are in different age groups?

There are some advantages for the kids who have their own separate class. We divide the groups by age because children usually feel more comfortable and relate better when the other children in class are of similar age. Sometimes a child will not be as honest and open when there is a sibling in class listening to what they say. Some siblings will feel like a team instead of each child expressing his or her own feelings and concerns. Many parents like the one-one-one time they get with each child to deal with their specific needs and issues.

### Do parents come in the class, too?

Children will have activities and games with the teachers for about a half hour, then parents are invited to attend the last 10-15 minutes of class for discussion.

### How much does it cost?

The fee is currently only \$29 per child for the entire 8-week session. Need-based scholarships are available. The fee helps pay for class materials and the teacher's time only. The rest of the cost of the program is paid for through a grant from the United Way.

# Rollercoasters

## Registration Form

To register:

online: [www.ywcasalem.org](http://www.ywcasalem.org)

by mail: mail form and \$29 per child to:  
YWCA Salem, 325 13th St NE, Salem OR 97301  
or call 503-581-9922 to pay by credit/debit card.  
We will contact you to confirm your registration

Email your questions to [bdayton@ywcasalem.org](mailto:bdayton@ywcasalem.org)  
or call 503-581-9922

Child's Name: \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_

Child's Name: \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_

Parent's Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone/s \_\_\_\_\_

Email \_\_\_\_\_

Preferred Class:  Fall  Spring

Comments or questions?

eliminating racism  
empowering women  
**ywca**

A United Way Agency

