



Online Separation and Divorce Program

Move forward successfully with expert information, interactive exercises and activities.

Today separation and divorce may seem almost commonplace, but they remain two of the most difficult and painful experiences one can be faced with.

Shepell-fgi has collaborated with clinical, legal and financial experts in the area of separation and divorce to develop an online solution that incorporates best practices to help individuals and families better manage and respond to the various challenges inherent in pursuing a separation or divorce. Users can work at their own pace with ensured privacy with convenient anytime, anywhere access via the Internet.

The **Online Separation and Divorce Program** will educate and empower users with:

- **Expert articles and videos** that explore the emotional, parenting, legal and financial impacts of separation and divorce with ability to bookmark favourites. The **Resource Guide** offers a comprehensive selection of additional print and online resources;
- **Interactive exercises** starting with goal setting followed by problem identification and solution building and leading to action planning, all designed to help the user move forward successfully;
- **Activities and helpful features** including ability to bookmark favourite materials, order books online in paperback or e-book format, online feedback form.

By understanding, reflecting upon and taking action during the various stages and challenges that may be faced during this experience, users will be better prepared to face the future.

The **Online Separation and Divorce Program** is available in Canada by calling the Shepell-fgi Care Access Centre. After an assessment and Program order confirmation, users will be sent the Program website address and login instructions via email. Users will have three-month access.

To find out more about the Online Separation and Divorce Program offered through Shepell-fgi, please contact us at 1 800 387-4765.



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