



## TEEN BETWEEN

The Teen Between® service is provided through MRCS (Marriage and Relationship Counselling Services).

MRCS is an approved organisation by IACP (Irish Association for Counselling and Psychotherapy).

**web:** [www.teenbetween.ie](http://www.teenbetween.ie)

**email:** [teenbetween@mrcs.ie](mailto:teenbetween@mrcs.ie)

**locall:** 1890 380 380

MRCS is a registered charity – number CHY7022

Teen Between is supported by the Family Support Agency

Teen Between,  
38 Upper  
Fitzwilliam  
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Youth Work Ireland

## NORTH CONNAUGHT YOUTH & COMMUNITY SERVICE

North Connaught Youth & Community Service is a regional youth service provider covering Sligo, Leitrim and Mayo.

North Connaught Youth & Community Service affirms the importance of young people and those who work with them through the provision of services in their community including:

- › Mainline Youth Service and Youth Information Service (centre based and outreach)
- › Youth Club/Youth Café Support Work
- › Summer Camps and Cross Border and International Exchanges
- › Teen Between Service
- › Special Projects aimed at rural disadvantage
- › Health Promotion programmes — raising awareness among young people, volunteers, parents and the general public on issues such as drugs and alcohol, HIV, etc
- › Garda Youth Diversion Programmes in Sligo, Ballina and Castlebar in Co. Mayo

**Contact Details:** North Connaught Youth & Community Service, 5a Market Street, Sligo

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Support for teenagers of separated parents

INFO  
for teens and parents





## TEEN (BETWEEN)

Don't bottle it up

### THINKING OF THOSE WHO MIGHT BE FORGOTTEN

When a relationship breaks up, it's not just the couple who have to cope with the emotional upheaval. The children too can suffer – anger, shock, confusion, disbelief, and a sense of uncertainty and even a strong feeling of guilt that it was partly their fault.

Teen Between® is a specialised service designed to help teenagers to cope with their parent's separation or divorce. Teen Between can also help young adults who have experienced their parent's separation during their teenage years.

### TAKING THE FIRST STEP

Contacting Teen Between is the first step (details are on the back of this leaflet). This is usually taken by someone who feels that a young person they know is suffering because of divorce or separation. It could be a parent, a friend, a relative, a youth worker, a teacher – or even the young person themselves.

If it's agreed that the Teen Between service could indeed help and if the young person feels that they are ready, then the process can begin.

If the teenager feels that they are not ready at this stage, then it is best not to continue, but at least they now know that we are here for them when they are ready.



## TEEN (BETWEEN)

Confidential support

### READY?

Both parents should be aware that their son or daughter is ready to seek help. If the teenager is under 18 years of age the written permission of one parent – usually the one they're living with at the time – is required.

The sessions will take place after school hours, one session per week, and will usually last for one hour. Parents are welcome to attend part of the first session to discuss any queries they may have.

### WHO WILL THE TEENAGER TALK TO?

Teen Between workers with Youth Work Ireland undergo specific training and receive regular supervision by MRCS ([www.mrcs.ie](http://www.mrcs.ie)), an approved organisation of the Irish Association for Counselling and Psychotherapy.

- ▶ A Teen Between worker will listen.
- ▶ The young person can talk freely about their real feelings as the service is confidential.
- ▶ Particular emphasis is placed on the young person 'negotiating' their relationship with their parents.
- ▶ The young person does not have to feel that the break-up was their fault, or that they must take sides.



## TEEN (BETWEEN)

Feeling confused?

### REAL PRACTICAL HELP

With Teen Between the young person and the Teen Between worker work together to resolve the problems that concern them. The full situation is explored: why the parents separated in the first place, the relationship of the young person with their parents at that time and how the new situation has affected them, with the emphasis being on post-separation relationships.

### IS THERE A COST?

The young person is never asked for payment. Parents may be asked to make a contribution, but the Teen Between service is provided regardless of the parent's ability to pay.

“ I now understand my mother better and see why it is difficult for her to be both mother and father. ”

“ I feel a huge weight lifted from my shoulders. My anger has gone. I can now tell my father how I really feel and know that he is hearing me. ”