



## 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

## DONEGAL YOUTH SERVICE

Donegal Youth Service offers a diverse range of services to young people and adult volunteers throughout the county, committed to the development of young people, support of volunteers and complementing home and school by promoting innovative youth activities and connecting young people to their local communities.

## TEEN BETWEEN SERVICE

Currently we have 5 trained staff, helping children to address feelings of loss, isolation, anger, shock, confusion, a sense of uncertainty and even the feeling that the separation is their fault.

Following Teen Between young people may have grieved their loss and no longer indulge in fantasies that their parents may get together again. By learning to accept this disruption to their lives, they can create new relationships with their parents - freeing them to get on with their own lives and to believe that they can make successful relationships when they are ready.

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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. ”