

BLENDED FAMILIES



The
benefits and
challenges
of blending
families

A workbook produced by:
John Howard
THE JOHN HOWARD SOCIETY OF MANITOBA

Change from the inside

BLENDED FAMILIES

The benefits and challenges of blending
families

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Blended Families was developed by Linda Campbell of the Native Clan Organization with the assistance of Joel Simkin of the literacy department of the John Howard Society of Manitoba's Literacy Program. It contains seventeen lessons dealing with blended families.

Each of the lessons is followed by questions designed to encourage reflection and discussion about issues raised in the text. © John Howard Society of Manitoba

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<https://www.goodtherapy.org/learn-about-therapy/issues/blended-family-issues>

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Part 1: Learning about Blended Families

Lesson 1 What is a Blended Family?

A blended family occurs when two people are in a relationship and one or both of them have children from a previous relationship. Children in blended families not only have new stepparents and stepsiblings, they also become part of a new extended family of grandparents, aunts, uncles, and cousins who are part of their stepparent's family.

Blended families often experience difficulties different from other families. Because your relationships with your partner's children may be different from the relationships you have with your own children, conflicts may arise between you and your partner about methods of parenting. Some couples in this situation decide that it is best to let each person parent their own children while the other parent works on developing relationships. Other couples join efforts in the parenting. You and your partner will need to decide what works best for you.

Blended families also present problems for the children. They may be confused, frustrated and upset with such families in the beginning. New routines, homes and people are often part of blended families. Because of all the new situations children will experience in a blended family, parents may want to let the children know what is going on or include them in family decision-making meetings, depending on their ages.

It is important to remember that your relationship with your partner's children will only develop over time, so you have to be patient.

Exercise 1 Answer the following questions.

1. What is a blended family? Do you have a blended family now?

2. What is an extended family? Who is in your extended family?

3. Did you grow up in a blended family? What was that experience like?

4. What problems do you believe often occur in a blended family?

5. What suggestions would you give to couples who are about to form a blended family?

Lesson 2: What are the Challenges of Being a Parent in a Blended Family?

Becoming a blended family is a huge adjustment. And while there's much to celebrate, it's also important to prepare for the many challenges you're going to face as you transform what was "his" and "hers" into "ours." When it comes to growing up or raising a blended family, there will be challenges.

A child is the number one stressor in a marriage and can accentuate differences in beliefs on issues like different parenting and discipline styles, diet and family routines. Parents can also disagree about who is responsible for most of the child care or what educational options to choose. Different values and beliefs, ethnic backgrounds, religions, etc. can also be sources of conflict.

In some blended families, one of the partners doesn't have children of their own. They may be entering a new relationship and becoming a parent for the first time, so they may find it difficult to adjust at first. If this is your situation, you will be trying to gain acceptance from your partner's children. At the same time, you will be trying to find a balance between being liked by your stepchild and being the kind of parent they need. All of this takes time and practice.

In a blended family there are new family dynamics to navigate, such as co-parenting with ex-partners, visitation, and conflicts between separating parents, stepparents and parents that live outside the new family. There may also be challenges in becoming a stepparent, or in letting new siblings bond. One of the best ways to navigate these challenges is preparing for them.

Exercise 2 Answer the following questions:

1. Think about your own situation. What are some challenges you have experienced being part of a blended family?

2. How could you have prepared for some of these challenges before you and your partner decided to form a blended family?

3. Have you been able to resolve some of the problems you faced at the beginning of your time living together?

Lesson 3 Children also Face Challenges in Blended Families

As we have discussed in the previous lesson, there will be stresses and challenges for you and for your partner when you decide to create and live in a blended family. There will also be challenges for your and your partner's kids. They may have found your divorce or separation difficult and may find the change in their living situation stressful. They may also have mixed feeling about the new stepparent, resent them or feel reluctant to trust them.

Your children will not only have to adjust to a new parent with new rules; they may also have to learn to live with new stepsiblings, which may result in sibling rivalry as the children compete for attention. Your children may also feel that you have abandoned them as you develop a relationship with your stepchildren. Your children may even sense that you prefer their stepsiblings, which could lead to bullying and other forms of conflict between the children. Sometimes children may also question whether their closeness to their stepparent is in some way a betrayal of their biological parent.

Some children may be experiencing feelings of grief and loss after a divorce. If children become part of a blended family after the death of a parent, they may still be grieving the loss of the other parent. They may need time and space to finish grieving, so that they can accept the new parent.

These are all challenges your children may face that you need to be aware of as you create a blended family.

Exercise 3 Answer the following questions:

1. Do you think your children have struggled since they became part of a blended family?

2. What have you done to help your children in their transition to a life in a new blended family?

3. What suggestions would you give to parents that would help them to make the adjustment easier for their children as they enter a blended family?

Lesson 5 Household Rules and Responsibilities-

How do you Discipline the Kids in a Blended Family?

Discipline in blended families is a complicated issue. When stepchildren are disciplined you have to take into consideration how ALL parents will feel about it, not just the two stepparents. It is easy to step on the toes of a parent who doesn't live in the household if there isn't a clear understanding, agreed upon by ALL parents from the beginning.

It's important to address your concerns about disciplining the children with your partner because this is an issue that will directly affect the children. If you feel your partner is being too hard on your child or has unrealistic expectations, you need to talk about these feelings. Taking things to the next level without resolving such an important issue would only be an invitation for more discord between your child and your partner.

Before you blend your families, sit down and make a list of "house rules" and how you will handle any boundaries that are broken. Try to be on the same page before going into marriage about what is important in how the household will run. Finally, make an effort to be extra sensitive to your child while working through these concerns.

Exercise 5 Answer the following questions.

1. No two homes are run exactly the same. What are some house rules in your blended family and how do you and your partner combine what is important to both of you?

2. How will you enforce rules that will be well suited to both parenting styles?

3. What happens if your partner is upset with something that your kid does, but you see it differently? (Or vice versa?)

Lesson 6 Relationships between Ex-partners Stepparents, and Extended Families

Your children may want to stay close to both of their biological (or first) parents, but you may be more focused on your new partner, and end communication with your ex-partner. This could be difficult for your kids.

When there is a court-ordered parenting plan and the child has to spend time with each parent, the remarried parent has to continue speaking with their ex. This may lead to conflict between you and your partner because you have contact with your ex. It can also create stress for the children if they remain close to their biological parents.

Visitation with the other parent can also be a problem because it can lead to scheduling conflicts. A child who is used to spending unstructured family time every day may have to follow a less flexible schedule because of the parenting plan. Children may also complain about their stepparent to the non-residential parent who may feel that the stepparent is not treating their children fairly.

In-laws, siblings, children and step-children can all create stress within a marriage. When coping with negative issues because of family, step gently. Partners should come first, but there are times you have to be willing to take a backseat and bite your tongue.

In addition, the children may now have new grandparents, uncles, aunties, and cousins. You and your partner will need to teach your children who to call or not call uncle, auntie or other family terms, due to safety concerns.

Exercise 6 Answer the following questions

1. What will you do if you or your partner is upset by something that one of your ex-partners does, and the way that it's handled?

2. Have you had conflicts with your ex-partner that have stressed your kids? What have you said to your kids to help them understand the situation?

3. Do you find it hard to balance your needs, the needs of your partner, and the needs of your kids and stepkids?

Lesson 7 Personality conflicts in any Marriage

In a marriage with a blended family, just like any marriage, there are personality conflicts that can put a lot of strain on the marriage. To be honest, many people are married to someone who has one or more habits they find undesirable, and there are many personality traits that can doom a marriage to failure.

Ask yourself these questions. Is your partner's or your personality ruining your marriage? Are you a conflict avoider? How about your partner? Do you like to "one-up" your spouse? Do you or your partner bend over backwards to please each other neglecting your own needs in the process? If you answered yes to any of these, your need to work on changing these negative personality traits.

Each of the above traits is a very common problem dealt with in a marriage. Although they are problems, they can also be opportunities for growth, learning, and accord. Whether these issues remain problems causing stress in your marriage, or become an opportunity for growth, is up to you.

To begin working on these conflicts, can you set up a regular time to sit down and discuss, without conflict, any disagreements that come up? Use this time to not only discuss present conflicts, but any conflict you think may arise in the future. And make an agreement beforehand that this is a safe space for both partners to discuss any negative emotions they are experiencing about possible conflict.

Don't be afraid to point out habits that irritate you, just be sure you do it in a non-defensive way. No blended family issues will be dealt with if you both don't feel safe expressing your concerns.

Exercise 7 Answer the following questions.

1. Do you have any habits that really irritate your partner? Do they have habits that really irritate you?

2. Do you have habits that create stress in your relationship with your partner, your children and stepchildren.

3. Have you and your partner found ways to deal effectively with these personality conflicts?

Lesson 8 When Your Kids Dislike Your Partner

Your child's dislike for your partner can manifest itself in a variety of ways. It might involve acting passive or ignoring your partner, or it might even entail open anger and hostility. Your kids might act cold, yell, not listen, or even refuse to spend time around your partner.

Depending on how your partner responds, this conflict might create a roadblock in your relationship. It can also make your home life more difficult, if your child is acting out or refusing to speak to you or your partner. How you respond when your child hates your partner is important because it speaks to the issue of balancing your needs against your kids' needs.

There are a number of things that you can do if your kids dislike your partner. The first thing you need to ask is this: Do *you* have a problem with your child's behaviour? Are you bothered by your child's reluctance to connect and build a relationship with your partner, or is there some other behavioral issue that you are concerned about?

If you do have a problem with your child's behavior, that is usually the first place you should start. Deal with that before making any other decisions. You may find, too, that you need to cut back on your time away from the kids while addressing these behavioral concerns.

Some people might tell you that if your child hates your new love interest, you should automatically end the relationship. However, children are usually savvy enough to know that a parent's dating relationship may take time and attention away from them, and the quickest way to rebel against that is to reject the person you're dating. Therefore, it's important to determine whether your child 'hates' your partner for a good reason that you don't yet recognize, or whether your children need to realize that while they are your top priority, they don't rule every decision you make.

To make sure that your child's reluctance is not based on a good reason not to like your partner, consider asking a couple of close friends or family members whether they have any concerns. Sometimes it can be hard to see your relationship from a different perspective, and your feelings may be clouded by the affection you have for your partner. People who are close to you and have seen your kids interact with your partner can give you more objective feedback.

Ask yourself if there are communication red flags. Do your kids have legitimate reasons to not like your partner? If your trusted loved ones feel like there are reasons to be concerned, then you need to pay close attention to whether this is really the right relationship for you.

If it's possible, it can be helpful to enlist the help of your child's other parent, although this really depends on the state of your relationship with that person. If you have a good co-parenting relationship, talk to your ex about your child's feelings and behavior. Sometimes children resent their parent's new partner as a way of "siding" with their other parent, so it can be helpful if the other parent talks to the child and shows support for your new relationship, making it clear that there is no resentment of your new partner. Obviously, this is not something you want to do if your ex is hostile or actively saying negative things about you or your new partner to your child. In this case, you should encourage your ex to speak to a counselor or friend rather than directing these frustrations toward your child.

Of course, you need to remember that the conflict might stem from the fact that your child and partner just don't get along. In this case, you probably need to work on establishing boundaries, opening the lines of communication, and helping your child and partner build a better relationship. If you envision yourself remarrying at some point, let your child know that is a desire you have. If it's appropriate, you can also let your child know that you, too, are disappointed that your relationship with his father or mother cannot be salvaged, and in light of that, you're ready to move on.

Lesson 9 Cultural and Religious Differences

We live in a multi-cultural country. Because of this, it's very possible that you and your new partner could come from different ethnic, cultural or religious backgrounds. That could be a source of misunderstandings for you, your partner, and your children.

You, your partner, and your children may have experienced prejudice and racism that your new partner and their children have not experienced or even thought about. They may have some of these prejudices themselves, and this could lead to painful experiences for you and your children.

Your partner may also feel that you (and your children) are not sensitive to her or his background, and as a result, say or do things that are hurtful. Although these differences can lead to misunderstandings and conflict, but they can also enrich the marriage and family life in many ways, by introducing new traditions, celebrations, food and ways of thinking.

When you and your new partner better understand your backgrounds and teach your children to respect where every member of the family comes from, your blended family will be stronger and more harmonious.

Exercise 9 Answer the following questions

1. Have you, your new partner, or any of your children experienced discrimination, prejudice or racism due to your ethnic or religious background?

2. Have these experiences created misunderstandings or conflicts in your blended family.

3. Have you been able to speak to your new partner and his or her children about these experiences and how they have affected you?

Lesson 10 How Will We Handle Our Finances?

Many couples argue over bills, debt, spending, and other financial issues. How you decide to deal with money problems in your marriage will determine whether those problems have a negative or positive effect on your marriage.

It's likely that remarrying or moving in together will result in a larger sum of total income for you and your children. However, it's important to determine right from the start how you plan to share your money with your new partner. Will you have a joint checking account? Will all of the bills be shared, or will some expenses be kept separate? In addition, how will decisions about spending money be made?

Will you have the autonomy to make decisions on behalf of yourself and your children, or will all financial decisions need to be discussed together? It would be wise to hash out these issues ahead of time and work together to stick to a monthly spending budget that will force both of you to be intentional in your approach to spending money.

Exercise 10 Answer the following questions.

1. What are some new expenses you may face as a blended family?
2. Do you and your partner have a good understanding of how to budget for your family?
3. Do you know where you can go for help if you don't know how to manage your finances well?

Lesson 11 Where Will You Live?

This is one of the first questions your kids will ask, and it's an important consideration, especially if you and your partner currently live far apart. If being together will require either of you to move, discuss all of the pros and cons surrounding the decision, and come to an agreement together so that neither of you will later resent the other over the decision.

Be sure to explore schools in the new location, as well, and consider how moving may impact your children's ongoing relationship with the other parent. In some cases, you may need to have a move approved by the courts, and you may be expected to cover any additional transportation costs associated with your child's visits to see the other parent.

Consider how your new home with a blended family will affect your children. For example, will they now be sharing rooms when they previously had their own rooms? Will the location of your new home make it difficult for your kids to stay in touch with their friends? Will they be attending a new school and need to make new friends? All of these questions will have an impact on your children's lives and may affect how they view their new blended family.

Exercise 11 Answer the following questions

1. How will you resolve conflicts of space and privacy in your new home?
2. Have your children needed to share rooms with their stepsiblings? Has this created problems?
3. As the children in your blended family get older, how will you deal with their desire for more privacy and their own spaces?

Part 2 Making your Blended Family Work

Lesson 12 What kind of Blended Family do you Want?

Blended families can present a unique set of problems and conflicts, but creating a blended family can also be a great opportunity for you, your partner, and your children, to learn and grow.

Every marriage and family have problems, not just blended families. One reason for this is that we all go into marriage with certain expectations, but most of the time, marriage is the opposite of what we expected. We romanticize marriage and become disillusioned once those romantic expectations aren't met. Unmet expectations are a major source of conflict in marriages.

You may have expectations about your blended family, too. You need to think about what kind of blended family you want to be. You may have a clear picture in your mind of how you hope your children and your partner's children will interact, but unfortunately that image may be much rosier than the real-life version. Decide up front how you're going to be intentional about cultivating positive sibling relationships among your children. At the same time, try not to put too much pressure on your children. Healthy stepsibling relationships take time to develop, and allowing your children to get to know one another in their own way and in their own time may result in deeper, more lasting relationships than trying to force them to get along from the get-go.

So what things can you do as a family that will help the bonding process? How can you make a new family from the two families that existed before? You may be a blended family, but you are still a family unit and time should be spent as such, enjoying each other's company. Make a list of regular activities you will engage in together as a family that will strengthen the family, for example, sitting down to dinner three times a week, or having a board game night once a week. You could try scheduling regular family outings, or movie nights together. These are just a few ways to begin building a new family together.

Exercise 12 Answer the following questions

1. What are some activities that parents and children can share as a blended family?

2. What can parents do to help their kids feel that they are part of the new family?

3. Have you found ways of spending time together that you would recommend to other blended families?

Lesson 13 Keeping your Relationship with your Partner Healthy

In any marriage, you need to take care of yourself, as an individual and to take care of your partner as well. In a blended family, you need to make sure that you as a stepparent and your partner are getting what you need to live together as husband and wife.

Time apart and a lack of quality time together may cause you and your partner to become out of sync with each other. For example, military couples often experience this problem in their marriages. To endure long deployments and constant temporary assignments away from home, couples have to have a special bond for a marriage to last. This could also be true in situations where you and your partner live apart. Having shared interests and activities you participate in on a regular basis will help you to stay connected.

Here are a few things to keep in mind that will help you to keep all the family relationships healthy.

- Stay attuned to the fact that your children aren't as invested emotionally in your relationship with your partner and they will take time to adjust. Tune in to your partner's needs, but don't tune out to your kids' needs just because your needs are being met.
- Remember that if you're used to being alone on dates or at one another's homes, living together with your children is going to be an adjustment.
- Don't wait for some type of "problem" to pop up before you decide to intentionally tend to your relationship with your partner. Make plans to continue dating one another or schedule an occasional weekend getaway so that you can have some time alone.

Spend time working on your relationship when your kids are not around and working on your parenting as a couple, so that your kids see that you are both on the same page. When your kids see that you and your partner have a strong relationship, they will feel less nervous about the changes in their lives and will also have the sense that your relationship is serious and stable and that the new family is going to last.

Lesson 14 How Will You Help the Kids Adjust?

It's important to make the emotional needs of every member of your blended family a priority. What can you do to make sure everyone's emotional needs, including those of your kids, are taken care of?

Make sure to talk to your children about your new partner, to help them feel included in the new family that you create together. Your kids may have very mixed feelings about living together. Even if they're excited, they will probably have some serious concerns about sharing your love and affection.

Talk with your partner about how both of you can work together to help the kids adjust. This may mean that you'll need to minimize the PDA, even in your own home, for the kids' sake, or that you need to schedule one-on-one time with each child to reassure them of your love and continued attention while minimizing jealousy.

The kids will need time to adjust to the many changes in their living situation-their stepparent and stepsiblings, their new home and school (if you've moved), etc. Your kids may have less time alone with you or their role in the family may have changed. You'll need to allow them to adjust. Try not to change everything at once so there is some stability in your kids' lives.

Here are a few suggestions for how to deal with problems with your kids that you may have.

- Don't ignore problems in the hopes that they'll go away, or give things a quick fix in order to keep the peace.
- Acknowledge problems as they arise so you can work on finding more permanent solutions that will help everyone develop stronger bonds. Stepfamily relationships take work to be successful.
- When it's an adult issue, talk to your partner. When it involves the kids, get them involved in solving the problem.

Exercise 14 Answer the following questions.

1. Do you talk to your kids regularly about how they are feeling about the new family situation?

2. Do you think your kids have adjusted well to living in a blended family? What kinds of problems have they experienced?

3. What has helped you and your kids to stay close and connected as your family life has changed?

Lesson 15 Talking to Your Child about Your New Partner

If you think your child dislikes your partner in an effort to initiate a power struggle, carve out some one-on-one time with your child to discuss the relationship. Try to understand some of the reasons why your child might not like your new partner. Some of these reasons might include:

- Feeling threatened or displaced
- Feeling like your partner is "trying too hard"
- Attempting to side with the other biological parent
- Feelings of embarrassment that you have a romantic life
- A reminder of your divorce and the upheaval that caused

Sometimes your child's anger and resentment stem from the feeling that he or she is being displaced or left out. Help your child understand that your partner is not there to replace the other biological parent. Any effort you can invest in resolving those feelings will go a long way toward achieving the sense of harmony you're looking for.

Once you have had a conversation with your child, try creating some opportunities for your child and partner to get to know one another better in a way that is non-threatening. For example, try to get out of the house and do something fun together, and see how the opportunity to be playful together impacts their relationship.

Exercise 15 Answer the following questions.

1. Have you spoken to your child about how they feel about your new partner?

2. Have you had any problems in your relationships with your partner's kids?

3. What are some ways you would recommend to strengthen the bonds between stepkids and stepparents?

Lesson 16 Create New Family Traditions- Have Fun Together

One way to create a new family together is by creating new family traditions that you can enjoy as a blended family. This doesn't mean you have to get rid of all your old family traditions. It simply means that you invite everyone to participate. Creating new family traditions can help everyone feel as though they are part of the new family.

One of the best ways to build a strong blended family is to have fun together. This could be by creating new traditions that the whole family can take part in together or by finding ways to have fun with individual members of the family, including your partner, your biological kids and your stepchildren. The key to building any great relationship is to have fun and create positive memories-look for things that family members will enjoy.

When the kids are having fun with their new stepfamily, you and your kids, they'll feel more positive about the new relationships. Of course, it's important to keep nurturing the biological parent-child relationships too, so you want to continue to do things with your kids that you know they enjoy. These could be things that your stepchildren also like doing too- riding their bikes, playing board games, throwing around a ball, cooking, going camping, or watching movies.

The new family traditions may be things that you bring from your family or your culture that you want to share with your stepkids. You might want to introduce them to food, activities, or ways of thinking that are new and unfamiliar to them. Maybe you'll go for a trip to your hometown, or a place you love, introduce them to friends and relatives you care about, or tell them stories that you were told as a child. If you speak another language, you might want to teach it to them, so that they can share in the culture that you grew up in. These are ways that you can build new traditions for your blended family from things that mean a lot to you.

Exercise 16 Answer the following questions.

1. What are some things that you enjoy doing with your kids now?

2. What games, sports and activities that you enjoy would you like to introduce to your stepkids in?

3. What are some places or traditions from your childhood that you would like to share with your stepchildren?

Part 3 Resources

Lesson 17 Get Professional Help

Sometimes the problems that you are experiencing in your blended family may feel overwhelming. This workbook has explained a number of problems that may occur in blended families and provided some suggestions for how to solve these problems. However, you may feel that you simply aren't able to solve the problems you are facing on your own or with your partner. At times like that it's important to know where you can go for help.

It's possible that a friend or family member may be able to provide you with the support that you need. However, in certain situations, for example, if your child seems withdrawn or isolated, or has trouble communicating with other family members, family therapy or individual therapy may be a better choice. If you feel that your children are struggling to adjust to living in the new blended family, you may want to speak to a professional who can help you understand your child's behaviour.

There may also be issues with your partner that you are having trouble resolving. For example, you may feel that disciplining the children has been left to you and feel that your partner should take a more active role. Or you may find that the family dynamic is in some way not working and that things that used to give you or your children pleasure are no longer enjoyable. In these situations you may also want to consult a mental health professional.

It's important to know what resources are available to you. There are many community organizations that provide help or referrals. Or you may be more comfortable talking to someone who is familiar with your background. This could be someone from a certain spiritual community, such as an elder from your community who practices traditional ways of healing, or a minister in a church.

Below you will find a list of resources that you can draw upon if you encounter problems that you are unable to deal with on your own or with your partner.

Exercise 17 Answer the following questions

1. Have you ever sought the help of a mental health professional to deal with problems you were experiencing? If so, did you find them helpful?

2. Are there people in your spiritual community who have helped you in the past when you have experienced problems?

3. Who would you recommend as a good resource for someone seeking help with problems in their personal or family life?

List of Resources for Professional Help

The Aboriginal Health and Wellness Centre

181 Higgins Ave, Winnipeg, MB R3B 3G1
(204) 925-3700

Addictions Foundation of Manitoba

1-855-662-6605, Contact (204) 944-6200 for general inquiries.
afm.mb.ca/contact

Age & Opportunity Support Services for Older Adults (seniors, 55+)

200-280 Smith St, Winnipeg, MB R3C 12K
(204) 956-6440
Email: info@aosupportservices.ca

Assembly of Manitoba Chiefs: First Nations Family Advocacy Office:

2nd floor – 286 Smith St, Winnipeg, MB R3C 14K
(204) 957-8450 or 1-855-996-9989
Email: pcameron@manitobachiefs.com

Aurora Family Therapy Centre

515 Portage Ave, Winnipeg MB R3B 2E9
204-786-9251
aurorafamilytherapy.com

Crisis Response Centre (24/7)

817 Bannatyne Ave, Winnipeg, MB R3E 0W2
(204) 940-1781, TTY: (204) 779-8902

Elmwood Community Resource Centre:

545 Watt St, Winnipeg, MB R2K 2S2
(204) 982-1720
<https://mansomanitoba.silkstart.com/companies/elmwood-community-resource-centre>

Eyaa-Keen Healing Centre Inc.

547 Notre Dame Ave, Winnipeg, MB R3B 1S2

(204) 783-2976

Email: intake@eyaa-keen.org

Hope for Wellness Helpline

1-855-242-3310

hopeforwellness.ca

Immigrant and Refugee Community Organization of Manitoba Inc.

95 Ellen St, Winnipeg, MB R3A 1S8

(204) 943-8765

Immigrant Women’s Counselling Services at Norwest Coop Community Health

785 Keewatin St, Winnipeg, MB R2X 3B9,

(204) 938-5900

<https://mansomanitoba.silkstart.com/companies/norwest-co-op-nisp>

Immigrant Womens Counseling,

323 Portage Ave, Winnipeg, MB R3B 2C1,

(204) 940-6624

Klinic Community Health Centre Crisis and Distress Support

870 Portage Ave, Winnipeg, MB R3G 0P1

(204) 784-4090

Email: klinic@klinik.mb.ca

Ma Mawi Chi Itata Inc.

445 King St, Winnipeg, MB R2W 2C5

(204) 925-4485 (call to book an intake).

Manitoba Addictions Helpline

146 Magnus Ave, Winnipeg, MB R2W 2B4

1-855-662-6605

<http://mbaddictionhelp.ca/>

Men's Resource Centre

115 Pulford St, Winnipeg, MB, R3L 1X8

(204) 415-6797

Mood Disorders Association of Manitoba (MDAM)

100-4 Fort St, Winnipeg, MB R3C 1C4

(204) 786-0987 or toll free 1-800-263-1460

<http://www.mooddordersmanitoba.ca/>

Mosaic Newcomer Family Resource Network

397 Carlton St, Winnipeg MB R3B 2K9

(204) 774-7311

Mount Carmel Clinic

886 Main St, Winnipeg, MB R2W 5L4

(204) 582-2311

Native Addictions Council of Manitoba

160 Salter Street, Winnipeg MB, R2W 4K1

(204) 586-8395

North Point Douglas Women's Centre:

221 Austin St N, Winnipeg, MB R2W 3M8

(204) 947-0321

Email: Christie@npdwc.org

NorWest Co-op Community Health

785 Keewatin St, Winnipeg, MB R2X 3B9

(204) 938-5900

Pluri-Elles (Manitoba) Inc.

420 Des Meurons St unité 114, Winnipeg, MB R2H 2N9,

(204) 233-1735

<https://mansomanitoba.silkstart.com/companies/pluri-elles-manitoba-inc,,>

Rainbow Resource Centre:

170 Scott St, Winnipeg, MB R3L 0L3,

(204) 474-0212

<https://mansomanitoba.silkstart.com/companies/rainbow-resource-centre,>

Thrive Community Support Circle

555 Spence St, Winnipeg, MB R3B 2R9

(204) 772-9091