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The Clay Center for Young Healthy Minds



Purpose

Article and podcast that focuses on children's mental health during divorce

Information Covered

- Uses the acronym "ACT-CIVIL" to support emotional well-being during divorce

How to access:

- Scan the QR code or
- Search "Clay center impact of divorce" in search engine (ex: Google)

Divorce Survival Guide



Purpose

Certified divorce coach, Kate Anthony, provides tips and advice

Information Covered

- Certified divorce coach
- Over 250 episodes
- Includes episodes with guest experts

How to access:

- Scan the QR code or
- Search "divorce survival guide podcast" wherever you get your podcasts

We Chat Divorce



Purpose

Focuses on navigating the financial challenges and realities of divorce

Information Covered

- Hosted by My Divorce Solution
- Over 90 episodes
- Legal and financial advice

How to access:

- Scan the QR code or
- Search "we chat divorce podcast" wherever you get your podcasts

Moms Moving On



Purpose

Provides advice for life after divorce, finding self-worth and navigating co-parenting

Information Covered

- Certified life coach and divorce specialist
- Co-parenting issues
- Life after divorce
- Finding fulfillment

How to access:

- Scan the QR code or
- Search "moms moving on" wherever you get your podcasts

The Divorce Recovery Podcast



Purpose

Certified divorce coach, India Kern, offers guidance through all the phases of divorce

Information Covered

- Certified divorce coach
- Survival tools
- Financial steps
- Mental health

How to access:

- Scan the QR code or
- Search "divorce recovery podcast India Kern" wherever you get your podcasts