



Helpful Resources

❖ Legal Assistance:

Family Law Self-Help Center, Montgomery County Circuit Court, South Tower 1st Floor, Rm 1500 (Walk-in Service Only)

❖ Websites:

montgomerycountymd.gov/cct/ (Circuit Court)

afccnet.org/ (Association of Family and Conciliation Courts)

pepparent.org/ (PEP-General Parenting Classes)

nfrchelp.org/ (National Family Resiliency Center)

ourfamilywizard.com/ (Shared Parenting Calendar)

❖ **Books for Adults:**

Bonnell, K. & Little, K. (2014). *The Co-Parents' Handbook*

Eddy, B. (2014). *BIFF: Quick Responses to High Conflict People, Their Personal Attacks, Hostile Email, and Social Media Meltdowns*

Eddy, B. & Kreger, R. (2011). *Splitting: Protecting Yourself While Divorcing Someone with Borderline or Narcissistic Personality Disorder*

Emery, R. E. (2004). *The Truth about Children and Divorce*

Ricci, I. (1997). *Mom's House, Dad's House: Making Two Homes for Your Child*

Ross, J.A. & Corcoran, J. (2011). *Joint Custody with a Jerk: Raising a Child with an Uncooperative Ex- A Hands-on, Practical Guide to Communicating with a Difficult Ex-Spouse*

Stahl, P. (2007). *Parenting After Divorce: Resolving Conflicts and Meeting Your Children's Needs*

❖ **Books for Children:**

Brown, M. & Brown, L.K. (1986). *Dinosaurs Divorce: A Guide for Changing Families*

Lansky, V. (1997). *It's Not Your Fault, Koko Bear: A Read-Together Book for Parents and Young Children During Divorce*

Levins, S. (2005). *Was It the Chocolate Pudding?: A Story for Little Kids About Divorce*

Masurel, C. (2003). *Two Homes*

❖ **Domestic Violence:**

Montgomery County Family Justice Center, 240-773-0444

House of Ruth - Domestic Violence Assistance Program, 240-777-9077, 410-889-RUTH (7884), 888-880-7884 (24-Hour Hotline)