



Family Law

CALL US - BEFORE
YOUR EX DOES!



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LAWYER

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I am really concerned about my teenagers. The youngest is not dealing well with Covid 19 anxiety and with the social isolation preventing her from doing her usual sports and other activities. I have tried to talk to my ex about it, but he just says they need to toughen up and won't listen. What can I do?

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First of all, trust your gut; if you are worried about your teenagers during this long period of Covid restrictions, you have a right to be. Teenagers are feeling disconnected, hopeless and unmotivated in their daily lives. Normally they would look to sports or social groups as outlets, but all of these are more or less suspended due to Covid 19.

In Canada, Kids Help Phone received 4.2 million calls and messages in 2020, compared to 1.8 million calls the year before. Teenagers are experiencing anger, depression, anxiety and helplessness, and many are presenting with eating disorders.

What can you do? First, reach out for help and/or encourage your teenager to reach out for help: for example, the Kids Help Phone: 1-800-668-6868, or your child can go online to Jack.org, a national charity

for young Canadians. You can reach out to a workplace Employee Assistance Plan, or contact the Mary McGill Centre at Stevenson Memorial Hospital: 1-888-893-8333. You can make an appointment with your family doctor. Keep your ex informed on these actions.

What else can you do? Encourage your teenagers to stay safely connected and stay physically active, and lock up all medications and guns. If your ex gives you a hard time about any actions, see a Family Lawyer. Finally, reassure your teenagers that it is normal to be struggling, and that this too, will pass.

Your friends at Shank Law.



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