



Divorce Resources

Court and community resources

Court documents

https://www.courts.maine.gov/fees_forms/forms/index.shtml

Kids First

<https://www.kidsfirstcenter.org/>

Pine Tree Legal Associates

<https://ptla.org/self-help/2659>

Child support calculator (the primary :

[Divorce with Children: Maine Court Forms | Pine Tree Legal Assistance \(ptla.org\)](#)

Divorce Care (post-divorce support group)

<https://www.divorcecare.org/>

For domestic violence:

Through These Doors (Cumberland County)

<https://throughthesedoors.org/>

Caring Unlimited (York County)

<https://www.caring-unlimited.org/>

Books for adults:

- Do Your Divorce Right: Straight Talk From Family Court Judges by Andrew Horton and John David Kennedy
- Divorce in Maine: The Legal Progress, Your Rights, and What to Expect by Dana E. Prescott, JD, MSW, Ph D and Neil D. Jamieson, Jr Esq.
- Better Apart: the Radically Positive Way to Separate by Elena Brower and Gabrielle Hartley
- Crazy Time: Surviving Divorce and Building a New Life by Abigail Trafford
- Life is in the Transitions: Mastering Change at Any Age by Bruce Feiler

Books for children ages 3-7:

- Dinosaurs Divorce by Laurene Krasny Brown and Marc Brown
- It's Not Your Fault, Koko Bear by Vicki Lansky
- Two Homes by Claire Masurel
- The Invisible String by Patrice Karst

Ages 8+

- What Can I Do? A Book for Children of Divorce by Danielle Lowry
- A Smart Girl's Guide to Her Parent's Divorce by Nancy Holyoke
- Divorce Is Not the End of the World by Zoe and Evan Stern

Ages 10+

- Mom's House, Dad's House for Kids by Isolina Ricci

Podcasts:

Divorce and Beyond with Susan Guthrie

Conversations About Divorce

Doing Divorce Right (or Avoiding it Altogether)

The Divorce Survival Guide Podcast

The Divorce Club – this one is on the lighter side and is about moving forward post-divorce