

Parenting after divorce: finding firm ground again in a complex situation

REMAINING A PARENT WHEN THINGS GET HARD: SUPPORT, INSIGHTS AND NEW PERSPECTIVES

The workshops are currently held in Dutch. If you are interested in workshops in English, please send me a message using the contact form.

A divorce changes more than a relationship. It also affects your identity as a parent, your confidence, your daily life and often your picture of the future.

When communication with your ex-partner is difficult, when conflicts drag on or when you feel alone in your parenting, it can seem as though you are constantly in survival mode. Many parents struggle with questions such as:

- How do I remain a good parent when I am exhausted myself?
- How do I communicate with my ex-partner without ending up in conflict every time?
- How do I protect my children without losing sight of myself?
- How do I deal with grief, anger, guilt or powerlessness?
- How do I rebuild a life that does not revolve entirely around the divorce?

In this small group series you meet other parents who face similar challenges. You gain insights, practical tools and room to reflect on your own story. We work from connection, resilience and recovery.

The aim is not to "solve" the divorce, but to find firm ground again in yourself, both as a parent and as a person. This series combines psycho-education, shared experience, reflection exercises and concrete communication tools.

Inspiration: Parallel Solo Parenting, the work of Lieve Cottyn and Vanessa Maes.

Who is it for?

For parents who:

- are in a complex or high-conflict divorce situation
- struggle with communication with their ex-partner
- feel alone in their parenting
- want to create more calm for themselves and their children
- want to give their life after the divorce a new shape

Programme of the series

Three sessions, each from 16.30 to 20.00.

Session 1: What is happening to me after the divorce?

From surviving to understanding

In this first session we reflect on the impact a divorce has on you. Themes:

- The emotional aftermath of a divorce
- Loss, grief and unprocessed wounds
- Why conflicts sometimes continue

- Stress and overload in single parenthood
- Recognising patterns: where do I get triggered again and again?
- My sources of strength and the people who support me

Outcome: More insight into your own reactions and more gentleness towards yourself.

Session 2: Communicating with your ex-partner without losing yourself

From conflict to boundaries

When emotions run high, communicating becomes particularly difficult. Yet working together as parents remains necessary. Themes:

- The difference between the partner relationship and the parenting relationship
- Recognising your trigger points
- Setting boundaries without escalation
- Dealing with blame, manipulation or defensive behaviour
- Communication techniques for difficult conversations
- What do you do when working together is barely possible?

Outcome: Concrete tools for communicating more calmly and more clearly.

Session 3: Strong parenting and a new balance

From division to resilience

How do you remain a safe base for your children while you are in the middle of a difficult period yourself? Themes:

- What do children need after a divorce?
- Recognising and preventing loyalty conflicts
- Feelings of guilt as a parent
- Boundaries and structure in a single-parent family
- Self-care without guilt
- Developing a sense of the future again

Outcome: More confidence in your parenting and a concrete personal action plan for the months ahead.

● Practical information

Price

- Programme of three sessions: 300 euro
- Single session: 120 euro

Group size

Minimum 4 and maximum 8 participants.

Duration

Each session takes place from 16.30 to 20.00. We allow for a break of about 30 minutes. You are welcome to bring a light meal for this. Coffee, tea and water are included.

Dates

- Monday 16 November 2026
- Monday 30 November 2026
- Monday 14 December 2026

Registration is required. Places are limited.

You can register or ask a question via the contact form on tagore-therapie.be or at info@tagore-therapie.be.