



# DIVORCE MASTERCLASS FOR PARENTS

## How to Separate Amicably for the Wellbeing of Your Children

**Date:** Tuesday, 30<sup>th</sup> September, 2025 **Time:** 8 PM – 9.30 PM (GST; Dubai)

**Location:** Online (Zoom)

**Investment:** AED 450 + 5% VAT per person

**Divorce is a highly stressful and emotional experience for everyone involved, and children often feel that their whole world has been turned upside down. The good news is that although divorce is hard and often extremely painful for children, long-term harm is not inevitable.**

Research shows that how parents handle divorce greatly impacts children's emotional well-being and long-term adjustment. This masterclass is designed for parents seeking guidance and insights on how to navigate divorce while prioritizing the wellbeing of their children and minimizing the impact of divorce on them.

### WHO CAN BENEFIT FROM THIS CLASS:

- Parents who are contemplating divorce, in the middle of divorce proceedings or post-divorce
- Mental health care professionals working with children, parents and families
- Teachers, tutors, sports coaches and other educators who would like to be more informed and empowered to support students and their families who are undergoing divorce.

### ABOUT THE FACILITATOR



Christine Kritzas, M.A. (SA)  
PSYCHOLOGIST  
PARENTING SERVICES, DIRECTOR

*Christine Kritzas brings her wealth of experience as a seasoned child psychologist and family mediator, to help you make the best choices for your family's future.*

### ATTENDEES WILL LEARN:

1. **How children experience divorce** and the impact it has on their relationships, mental health, behaviors and achievement.
2. The **parenting tasks that are necessary** to lessen the impact of divorce on children's wellbeing, especially:
  - **How to leverage their values and wisdom** to consistently make choices and take actions that are in the best interest of their children
  - **How to sensitively disclose the news** about separation/divorce and helpfully involve their children and other key parties
  - **How to design the post-divorce life** in a thoughtful and practical way that ensures buy-in and cooperation from parents and children
  - **Practical techniques and strategies for successful co-parenting** and making child-centered decisions that ensure stability and prioritize children's emotional wellbeing.



### REGISTRATION:

Scan the QR code or register at:  
[lighthousearabia.com/events](https://lighthousearabia.com/events)

A link to the Zoom meeting will be sent following registration.

