



DIVORCE WORKSHOPS

Who Needs to Attend?

This workshop is required for children who:

- Are ages 6–16 when the divorce is filed
- Have parents who are currently going through a divorce
- Have a divorce case filed in Polk or Dallas County

This workshop is not required for children whose parents are already divorced or were never married.

How do I sign up?

Visit our website and click “Register for a Workshop” in the top right corner of the homepage. Either parent may register the child. The certificate of attendance will be emailed to the parent who completes the registration.

When should I register?

You should register as soon as you receive the Family Law Case Requirements Order.

How often are workshops held?

Workshops are held once per month at each location. Children from either Polk or Dallas County may attend at either location.

Des Moines Location

Northwest Community Center
5110 Franklin Avenue
Des Moines, IA

Clive Location

Faith Lutheran Church
10395 University Ave
Clive, IA 50325

How much does it cost?

- \$50 for one child
- \$100 maximum per family
- A reduced free option is available for low-income families
- Families requesting a reduced fee must provide documentation of government benefits (excluding HAWK-I).

Do Parents Attend?

No. Our workshops are for children only. Exceptions will not be made.

Structure of Workshops

- Children are separated into small classrooms based on age.
- Our classrooms' maximum capacity ranges between 15 and 20 students.
- There are two adults per classroom. One adult is an experienced ICCJ facilitator alongside one volunteer.
- There are activities, games, and discussions provided by ICCJ facilitators and volunteers.
- There are regular breaks provided for children.
- Upon arrival to workshop, you will be checked-in and directed to the proper classroom by the Workshop Coordinator.

Our workshops are designed to be supportive and age-appropriate. We do not take sides in a divorce. Our goal is to help children understand their feelings and know they are not alone. Participation in discussions is always optional. Children are never required to share personal details if they are not comfortable. Our program supports children from many different family situations, including high-conflict divorces, remarriages, and blended families.

6–9 Year Old Classroom

Children will learn:

- Different feelings they may have about divorce
- How to talk about their feelings with a trusted adult
- That the divorce is not their fault
- How families can change after divorce
- Healthy ways to communicate and cope

Children learn through games, books, videos, and group discussions.

10–12 Year Old Classroom

Children will learn:

- How to identify trusted adults and support systems
- What may stay the same and what may change after divorce
- Healthy ways to cope when feeling overwhelmed
- When it is okay to take a break and step away
- How creative activities like art or storytelling can help process feelings

Students will also have time to ask questions they may have about divorce.

13–16 Year Old Classroom

This classroom includes presentations, videos, discussions, and interactive activities.

Students will learn:

- How to identify their values and maintain them during family changes
- How to handle feeling overwhelmed or “stuck in the middle.”
- Healthy communication skills
- How to set healthy boundaries
- How to identify support systems and coping strategies

Students will also have time to ask questions they may have about divorce.

After the Workshop

Your child may use skills from the workshop by:

- Talking to trusted adults when they need support
- Sharing their feelings or setting boundaries
- Expressing emotions about divorce and family changes
- Asking to talk about the divorce
- Wanting regular check-ins about how they are feeling

Many children also feel comfort knowing that other kids are going through similar family changes. Our goal is to provide a safe and supportive environment where children can learn, ask questions, and feel understood.