

Family Circle Meeting Guide

A Simple Tool for Post-Divorce Connection



Rebuild trust, invite communication, and create emotional safety, one circle at a time.

Why Use a Family Circle Meeting?

After a separation or divorce, even the most resilient families need support. Kids may seem okay on the surface, but underneath they often carry unspoken questions, sadness, or frustration. Family circle meetings give children a safe, structured space to be heard—and help parents reconnect in a peaceful, grounded way.

Benefits:

- Gives kids a consistent voice
- Builds emotional awareness and trust
- Reduces hidden tension or confusion
- Encourages honesty without judgment
- Creates meaningful rituals that heal and connect



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How to Set Up Your Circle

Use this checklist to prepare for your first meeting:

Choose a Time and Space:

- Pick a consistent time (e.g., Sunday night after dinner)
- Use a comfortable and quiet space in the home

Let Kids Co-Create the Ritual:

- Invite children to name the meeting (“Family Chill Time,” “The Circle,” etc.)
- Allow them to create signs, decorate the space, or make invitations

Select a Talking Piece:

- Choose something meaningful (a smooth stone, a feather, a soft toy)
- Use this item to guide turn-taking—only the person holding it may speak



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Set Ground Rules Together:

- No interrupting when someone is speaking
- Everyone's voice matters—big or small feelings are welcome
- Listen with open hearts and closed mouths
- You can pass if you're not ready to share

Invite Topics Thoughtfully:

- Ask each person to bring 2–3 ideas, thoughts, or feelings to share
- These can be emotional (“I feel sad switching houses”) or practical (“Can we make lunches the night before?”)

Note: If you're co-parenting and both parents are open to participating, this can be done quarterly with both parents present in a neutral space or virtually.



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Sample Meeting Structure

This is just a guide - adapt it to fit your family's rhythm.

1. **Welcome Moment**

Light a candle, play soft music, or take three deep breaths together

2. **Check-In Round**

Each person shares one word or short sentence about how they're feeling today

3. **Gratitude Round**

Everyone names one thing they're grateful for

4. **Open Discussion**

Take turns using the talking piece to share 2–3 prepared topics per person

5. **Reflection Round**

Ask: "What went well this week?" or "What's one thing we want to try before our next circle?"

6. **Closing Ritual**

End with something connective: a hug, a prayer, a family chant, or a group high-five



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Prompt Cards for Sharing

(These can be cut out, drawn from a jar, or used when someone needs help knowing what to say.)

- One thing I wish we did more as a family is...
- I feel happy when...
- It's hard for me when...
- I feel proud of myself for...
- I love it when...
- Can we try changing...
- Something I miss is...
- I need more...
- I feel frustrated when...
- I feel safe when...
- I like it when we...
- A rule I think is working well is...
- A rule I think we could change is...

For younger kids, you can offer coloring pages or allow them to draw how they feel instead of speaking.



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Notes & Reflections

Use this page to jot down thoughts, ideas, or action items after each family circle.

Date: _____

What came up today?

What worked well in the meeting?

What do we want to try before the next circle?

(Optional: Print additional copies of this page for each meeting.)

Need support to begin?

Visit [Alliston Resolutions](http://www.allistonresolutions.com) to learn more about how we support families with mediation, coaching, and custom parenting tools after divorce.



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