



FAMILY TRANSITIONS

Triple P Family Transitions Programme for separated parents experiencing conflict in their relationship.

ABOUT THIS COURSE?

Family Transitions Triple P is a group parenting programme for divorced or separated parents. It gives you new ways to help protect your child – and yourself – from the fallout from a family split.

There are five weekly sessions of two hours each. Both you and your ex partner will attend sessions. Family Transitions is not a mediation programme so you should attend on your own or, if you want support, with your new partner. If your partner wants to do Family Transitions, you will attend separate groups.

HOW THIS HELPS



New ideas, techniques and strategies to help you through the day-to-day dramas and ongoing trauma of your situation. These ideas can help you cope with stress, anger and change, resolve conflict, and communicate better with your ex.



Meet other parents going through many of the problems that come with divorce or separation



You will receive a Transitions Workbook to support you as you put your new ideas into practice.

TO BOOK

For further information please email or scan the QR code.



familytransitions@wigan.gov.uk

SCAN ME

