



Difficult relationship breakdown or separation? Struggling to co-parent without arguing?

You're divorced, separated or separating. Making plans to spend regular time with the children or arrangements for holidays and birthdays causes arguments. You may be concerned about your finances or housing. Your child is caught in the middle and you are worried about the impact on their behaviour, emotions, and family life. If this sounds familiar, Family Transitions Triple P can help

What is Family Transitions Triple P?

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

Family Transitions can help you

- Talk about divorce and separation with your child
- Cope with overwhelming emotions
- Practise self-care
- Balance work, family and leisure
- Think about moving on

What happens at Family Transitions Triple P?

At Family Transitions sessions, you meet other parents going through many of the difficulties that come with divorce or separation. Your Family Transitions Triple P facilitator will give you 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.

How long does it take?

There are five weekly sessions of two hours each. After the five sessions, you will have learnt new ways of coping and developed your problem-solving skills.

If you would like more information on developing your parenting knowledge, managing teens or behaviours which challenge, you can talk to your facilitator.

Does my ex-partner need to attend with me?

No. Family Transitions is not a mediation or counselling programme so you should attend on your own or, if you want support, with your new partner. Your ex-partner is welcome to attend a separate Family Transitions learning programme.

The Triple P – Positive Parenting Program® knows all parents have different needs, that's why Triple P has different ways for you to get your parenting help, so you can choose what suits you and your family best.

Contact

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