



Family Transitions Triple P

The Triple P - Positive Parenting Program[®]

Making Conflict Better

A free course for parents

Are you a parent who is separated or divorced?
Are you or others concerned
about the impact this may be having
on your child's wellbeing?

Gain help and support to change the CON in Conflict

Enable

Confidence, Control of Your Behaviour, Consideration, Conflict Management,
Consistency for You and Your Children

How

Take part in our Triple P Transitions Group
Be part of a setting with other parents
experiencing similar situations to you

5 weekly sessions with a trained practitioner
Each one is 2 hours

Sessions will give you an opportunity to gain new ideas and techniques
A space to find what works best for you and your children
during this difficult and challenging time

We ask that you commit to all 5 sessions
You don't attend with your ex-partner
Sessions can be face to face or virtual to suit your needs

We understand that conflict can be over a variety of situations
Finances, new partners, extended family, holidays, special occasions
and much more

My Family First



For more information:

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Groups start from
January 2023, dates and
times to be confirmed.



West Berkshire
C O U N C I L