



# Triple P

## The Positive Parenting Programme



### Family Transitions Triple P

#### For parents who are divorced or separated

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



Your business tag line here

There are five weekly sessions of two hours each. Before or after the five sessions, it's recommended you also do a Group or Standard Triple P programme. This will give you a broader range of positive parenting ideas that can help you calmly manage other behaviour and parenting issues in the home. When you're finished, you'll feel confident you're doing everything you can for your child.

Sessions will be held at Lillington Primary School on Tuesday evenings starting 1st November 7-9pm

**For Further Information and to book your place contact:**

**Dawn Herlihy or Lorraine Jaeger**  
01926 743062

[www.warwickshire.gov.uk/parentingprogrammes](http://www.warwickshire.gov.uk/parentingprogrammes)

