



# Family Transitions Triple P



## What is Family Transitions Triple P?

Family Transitions 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.

### Who is this for?

Parents with children who are divorced or separated

**Date:** Group one starts Wednesday 25th September 2024 — Evenings: Virtual 18:00–20:00

Group two starts Wednesday 25th September 2024—Virtual Day time: 10:00 –12:00

**Duration:** 5 weeks - 2 hours per week

**all sessions must be attended**

### Who is it for?

The programme is aimed at separated parents who are experiencing conflict in their relationship but this conflict is not at the level of domestic abuse i.e. where one party attempts to assert power and control of the other. Each parent would attend a separate programme and whilst it is beneficial that both parents attend a programme, it is still beneficial if only one parent attends

### Bookings and information

Course consists of 5 sessions lasting 2 hours per session. This is a free course for parents or caregivers who are separated. All sessions must be attended.

For more information please contact [parentinggroups@herefordshire.gov.uk](mailto:parentinggroups@herefordshire.gov.uk) or Children's Help and Advice Team on 01432 260261 - **Please note: Self Referrals Only**