



# Family Transitions Triple P

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

## Who is this for?

Parents who are divorced or separated (with children and/or or teenagers)

## Triple P can help you

- encourage behaviour you like
- deal with problem behaviour
- become confident as a parent
- be realistic about parenting
- take care of yourself

## Is this you?

You're divorced or separated. You may have problems with your extended family or your new partner. Perhaps you are concerned about how to organise holidays and special occasions like birthdays and Christmas. You may be worried about your finances, or how you should be dealing with your child's behavioural and emotional issues. If this sounds familiar, Family Transitions Triple P can help.

## What is Family Transitions Triple P?

Family Transitions is a special program that can help you positively manage this difficult life change and build a solid foundation for the future. You will learn ways to resolve conflict and how to cope with stress and change. You'll discover how you can communicate better with your ex partner and work out how to balance work, family and social life.

As part of Family Transitions Triple P you will also complete either Group Triple P or Standard Triple P.

## What happens?

This is a small group course. Over a couple of months, you'll meet up with other parents experiencing the problems that come with divorce or separation. Most parents find it helps to share stories and support each other!

Throughout the course, your practitioner will show you excerpts from the *Family Transitions* DVD so you can see how the strategies you're learning work in real life. You'll also receive the *Family Transitions Workbook* which will remind you of the strategies and also provide you with some homework activities to help you practise your new skills.

## How long does it take?

Weekly group sessions last just two hours and are held over nine weeks. When you're practising your skills at home you won't be left on your own. Your Triple P practitioner will phone three times to discuss how you're going to answer any questions and troubleshoot any problems you're having.