

Small Changes Big differences



Virtual Triple P - Family Transitions

From 12.30 pm to 2.30 pm via Microsoft Teams

Family Transitions Triple P is a programme aimed at parents who have been or are going through separation and divorce where there are unresolved conflicts causing difficulties communicating effectively with former partners. Parents may be concerned that the separation or divorce is upsetting their children, or they may want to learn ways to talk to their children about it and teach them ways to cope. Parents who do this course may have ongoing concerns about their child's behaviour. Parents learn to recognise the parent traps during separation and divorce, to how talk to their children about separation and divorce and to help children manage their emotions. **Note: These 5 sessions can be followed by Group Triple P, Group Teen Triple P, or Group Stepping Stones Triple P. We would recommend parents continue after completing Triple P Family Transitions with these programme(s).**

COURSE DATES

- Session 1** Tuesday 16 April 2024
- Session 2** Tuesday 23 April 2024
- Session 3** Tuesday 30 April 2024
- Session 4** Tuesday 7 May 2024
- Session 5** Tuesday 14 May 2024



Important information and how to book onto a course

- For further information call the Area Parenting Co-ordinator, Emma Remblance 07514 721 874 or Dominique Scanlan 07707295176
- Bookings to the County Parenting Team can be made through Suffolk's online Portal: <https://earlyhelpportal.suffolk.gov.uk/web/portal/pages/home>. Or use your mobile phone to scan the QR code to book your place.
- If you experience difficulties with the Portal or have any questions, please email parenting@suffolk.gov.uk
- For all our parenting groups, programmes and seminars, visit [Parenting programmes overview - Suffolk County](#)