



# Triple P Family Transitions

## 6 – week Programme for parents

- Are you a parent/carer recently separated from your partner?
- Would you like support to help the children cope positively with this change?

### This course will help you to:

- Understand the impact of family changes on your child
- Communicate appropriately with your child about the changes
- Develop strategies to have difficult conversations with your ex-partner and reduce conflict
- Develop an effective co-parenting partnership
- Manage your own stress related to this change



**Ex partners are not required to attend but if they would like to, they will be invited to a separate course.**

Next course details:

**When: Every Wednesday morning 10am – 12.30pm**

**Date: 2<sup>nd</sup> November – 1<sup>st</sup> December**

**Where: (in-person) E1 Community Venue**

To self-refer please complete a referral form which you can find [here](#)

For more details, please email the Parenting Team at [parenting@towerhamlets.gov.uk](mailto:parenting@towerhamlets.gov.uk) or call 020 7364 6398.