



Triple P Positive Parenting Program Family Transitions

For parents who are experiencing personal distress from separation or divorce,
which is impacting their parenting.

5-week series held via Zoom
Thursdays, Sept. 26-Oct. 24, 2024
5:30-7:30 pm
Reserve your spot today at:
<https://go.wisc.edu/uh7jz4>



Use smart phone camera to scan

This series will address:

- Coping strategies for stressful situations
- Developing plans to reduce parenting stress
- Taking control of personal thoughts and reactions

Facilitated by:

Tracy Henegar
Bayfield & Douglas County
Family Educator

Amanda Griswold
Crawford County
Family Educator

Todd Wenzel
Winnebago County
Family Educator

Questions? Contact Tracy Henegar at tracy.henegar@wisc.edu or 715-395-1426

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