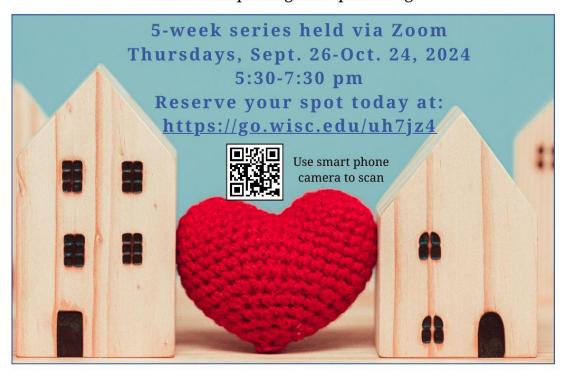




Triple P Positive Parenting Program Family Transitions

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



This series will address:

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

Facilitated by:

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