

Triple P Family Transitions

For parents and carers recently separated from their partner.
Supporting families to cope positively with this change.

This course will help parents to:

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

Venue: Parents Advice Centre, 30 Greatorex Street, E1 5NP

Date: Thursdays, 5th Oct – 16th November

Time: 10am-12.30pm

To make a referral please email: parenting@towerhamlets.gov.uk
Or call on 020 7364 6398

