Family Transitions Triple P



What is Family Transitions Triple P?

Family Transitions is a group parenting programme for divorced or separated parents. It gives you new ways to help protect your child – and yourself – from the fallout from a family split.

Who is this for?

Parents who are divorced or separated with children

Date: Beginning - Group one 7th March Group two 9th March

Ending Group one 4th April Group two 6th April

Duration: 5 virtual sessions 2 hours per session

Who is it for?

The programme is aimed at separated parents who are experiencing conflict in their relationship but is not domestic abuse i.e. where one party attempts to assert power and control of the other. Each parent would attend a separate programme and whilst it is beneficial that both parents attend a programme, it is still beneficial if only one parent attends

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Bookings and information

Course consists of 5 sessions lasting 2 hours per session .This is a free course for parents or care givers whom are separated. For more information please contact Caitlin Quinlan-Langford on 01432 383 250 or 07792 881 605 or Caitlin.Quinlan-Langford@herefordshire.gov.uk