



# Family Transitions Triple P: Support your child through separation or divorce

- Learn ways to help your child feel supported and secure
- Support your child to manage their emotions and develop good coping skills
- Take better care of your own well-being
- Handle difficult moments more calmly and confidently
- Communicate better and reduce disagreements with your former partner
- Adapt and grow in your new family unit

Please **scan the QR code** to self-refer for this 5 week course.

