

TRIPLE P

FAMILY TRANSITIONS

Triple P, Family Transitions is designed for parents who are experiencing personal distress from separation or divorce, which is impacting or complicating their parenting. Through five sessions, this program assists parents who need extra support to adjust and manage the transition of separation or divorce. It focuses on skills to resolve conflict with former partners and how to cope positively with stress.

Contact Ashten:
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Six Nations Social Services,
Child & Family Services,
Family Support Unit



**Sept. 25, 2025,
8 Week Program
Virtual
1:00–3:00pm
Register today!**

Open to band members, primary caregivers, and partners actively caring for eligible children. Internet access and a Zoom-compatible device are required. Parents will also receive a complimentary workbook for the sessions.



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