

Six Nations Social Services,
Child & Family Services,
Family Support Unit Presents:

TRIPLE P

Triple P, **Family Transitions** is designed for parents (band members/partners) 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.



**8 Week Program,
Thursday's,
Virtual**

**Jan 29, 2026-
March 19 2026**

**1-3pm
Register today!**

**Contact Ashten:
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