



THE HUB
FAMILY RESOURCE CENTRE

Family Transitions Program

FOR FAMILIES EXPERIENCING SEPARATION
OR DIVORCE





Triple P Positive Parenting

Family Transitions Triple P is a 5-session evidence-based parenting program aimed at supporting parents who are making the transition through separation and divorce.

Family Transitions Triple P offers parents strategies to help prevent behavioural, emotional, and developmental problems in children and adolescents by enhancing the knowledge, skills and confidence of parents to make a smooth transition.

This program also provides parents with coping tools and strategies to co-parent effectively.

Co-parents attend separate sessions.

CONTACT US

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