



BEDFORD
BOROUGH COUNCIL

Triple P Family Transitions

*Help for parents who are
experiencing personal distress
from separation or divorce*



What is it?

Family Transitions Triple P is designed for parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting.

The course focuses on skills to resolve conflicts with former partners and how to cope positively with stress.

Who can attend?

Parents going through separation or divorce where there are unresolved conflicts and difficulties communicating effectively with former partners. Parents may be concerned that the separation or divorce is upsetting their child/ren.

*“Right support **Right action** **Right time**”*

FAQs

What's the time commitment?

5 weeks of 2 hour sessions.

Do I have to attend with my ex-partner?

No. We run two courses simultaneously and encourage both parties to attend a course each.

When are the courses held?

We run a number of courses at different times of day to accommodate for as many people as possible. Please contact us for details on upcoming dates/times.

How do I book my place?

Simply call 01234 276367 or email triplep@bedford.gov.uk

