



# FAMILY TRANSITIONS

## SUPPORTING FAMILIES THROUGH TRANSITIONS

### Join Us!

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

- ✓ Assists parents who need extra support to adjust and manage the transition of separation or divorce.
- ✓ Focus on skills to resolve conflicts between former partners and how to cope positively with stress.
- ✓ Learn about parent traps and how to talk to children about separation and divorce.

For Parents who are going through separation and divorce where there are unresolved conflicts and difficulties communicating effectively with former partners.

6 WEEKS:

February 5 - March 12\*

Thursdays • 12-1pm

\*6 group sessions on Zoom

*Parents need to be able to commit to all six sessions.*

*No formal referral required.  
Certificates of attendance available.*

### For more info:

Email: [triplep@gobhi.org](mailto:triplep@gobhi.org)

Call or Text: 541-256-4692

Scan the QR Code or go to:  
[www.gobhi.org/triple-p](http://www.gobhi.org/triple-p)

Serving Gilliam, Hood River, Sherman, Wasco & Wheeler counties.

