Family Transitions

Triple P® Family Transitions is a multiple week class that helps parents who need extra support to manage the transition of separation or divorce. It focuses on tools to resolve conflicts with former partners and how to cope with stress.

WHO IS IT FOR?
Family Transitions is for parents who are experiencing stress from a separation or divorce, which might be impacting their children.

DO I HAVE TO ATTEND THE SERIES?
Family Transitions is a multi-week class with two sessions each week. It is important to attend each session to get the best understanding of the positive parenting tools.

TOPICS
• Divorce, a family transition
• Coping with emotions
• Coparenting
• Managing conflict
• Balancing work, family and play

UPCOMING CLASS
Mondays 9/12 to 11/14/22 from 6:30-8:30pm through Zoom.

NEED HELP WITH ZOOM?
We can practice with you before the class starts to make sure it runs smoothly. For help with Zoom, please call 707.252.1123.

HOW DO I REGISTER?
REGISTRATION IS FREE AND REQUIRED
To register call 707.252.1123 or email hello@copefamilycenter.org.

NEED MORE INFO?
Visit www.copefamilycenter.org, call 707.252.1123.