

Family Transitions Triple P Co-Parenting Support

Family Transitions Triple P is designed for parents who are experiencing personal distress from separation, divorce, and co-parenting, which is impacting on or complicating their parenting. Family Transitions Triple P assists parents who need extra support to adjust and manage the transition from a two-parent family to a single-parent family. It focuses on skills to resolve conflicts with former partners and how to cope positively with stress.

Topics for Discussion Include:

- **CO-PARENTING**
- **RESOLVING CONFLICTS**
- **PARENT TRAPS**
- **COPING WITH EMOTIONS**
- **RELAXATION TECHNIQUES**
- **ASSERTIVE COMMUNICATION**
- **PROBLEM SOLVING**
- **BALANCING WORK, FAMILY & PLAY**



**For More Information contact
Parents Place:**

262-549-5575

info@parentsplacewi.org



**PARENTS
PLACE**



Parenting isn't easy. Triple P can help!

Triple P fits the needs of every family, whether they are struggling with temper tantrums or sleeping patterns, parents in conflict with their child or with each other, or have children with additional needs, including those struggling with their mental health.



Level 3 Primary is delivered to parents of children up to 12 years' old



Level 4 Standard is delivered to parents who need intensive support



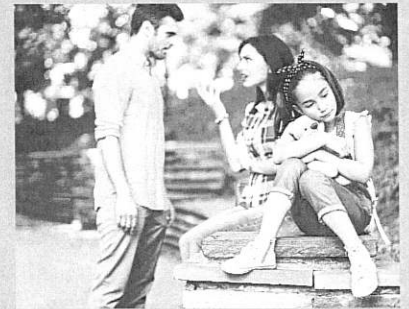
Level 4 - Teen Triple P is delivered to parents of 12 to 16 year old children



Stepping Stones is delivered to parents of children with a disability



Fearless is delivered to parents with children suffering from anxiety



Family Transitions is delivered to parents dealing with co-parenting

Our team will help you determine your level of need and the best types of support.

REGISTER NOW



or call 262-549-5575 for more info



ONGOING OPPORTUNITIES



Triple P provides practical strategies for managing life skills. Meet one-on-one to build a plan for your family.



Nurturing Parenting gives parents the tools to increase positive parenting skills and understand child development.



Love & Logic provides a variety of simple and effective strategies for parenting children birth to adulthood.



Strengthening Families provides a variety of simple and effective strategies for parenting children birth to adulthood.



Coffee Chats are parent groups that talk about the highs and lows of parenting twice per month.

CHECK OUT OUR CALENDAR AND REGISTER TODAY!

www.parentspacwi.org



OUR MISSION IS TO STRENGTHEN FAMILIES AND PROTECT CHILDREN THROUGH PREVENTION, INTERVENTION, AND EDUCATION IN SOUTHEASTERN WISCONSIN.

CONTACT US



#262-549-5575



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www.parentspacwi.org



Parents Place, Inc



PARENTS PLACE

ENROLL TODAY



WE ARE PROUD TO OFFER VIRTUAL OR FACE-TO-FACE OPPORTUNITIES



VISIT US

WHILE OUR LOBBY DOES REMAIN CLOSED AT THIS TIME, STAFF ARE AVAILABLE IN THE OFFICE BY APPOINTMENT.

NO APPOINTMENT?

RING OUR BELL OR CALL US AT

262-549-5575

COVID-19

We continue to watch the CDC recommendations and follow their guidelines.

**COMMUNITY
EDUCATION &
PROGRAMS &
CLASSES**

FALL 2023

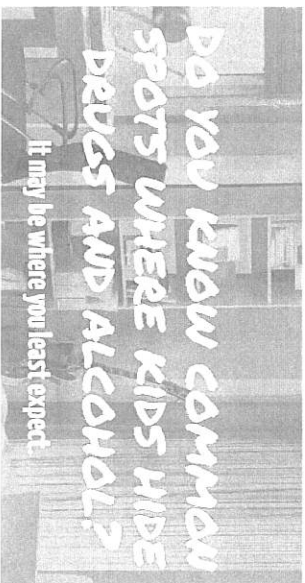


WAKE UP CALL

The Wake-Up Call program brings practical and timely information on current drug trends amongst adolescents.

Tuesday, 10/3

5:30 pm -7:00 pm. In person



SCHOOL BEHAVIOR

Behavior problems at school can interfere with a child's learning and development. Learn strategies to work together to resolve behavior problems.

Wednesday, 10/11

5:30 pm -7:00 pm. Virtual

NUTRITION

Enjoy hands-on cooking and share techniques for feeding our families without stress!

Monday 10/30 - 12/4

5:30 pm - 7:00 pm In person

ADULT ANGER

Explore common causes of anger, learn how to manage your emotions, and find techniques that will help you control your actions before they hurt someone or yourself.

Tuesday 11/7, 11/14, 11/21

5:30 pm -7:00 pm. Virtual

FAMILY TRANSITIONS

Learn more about Family Transitions; a specialist program delivered to parents going through separation or divorce.

Wednesday, 12/8

5:30 pm -7:00 pm.

COFFEE CHATS

Parents virtually get together to discuss the highs and lows of parenting. Led by a parenting education expert on the

1st & 3rd Thursday of the month

11:00 - 12:30 Virtual

WE CAN SUPPORT YOU WITH:

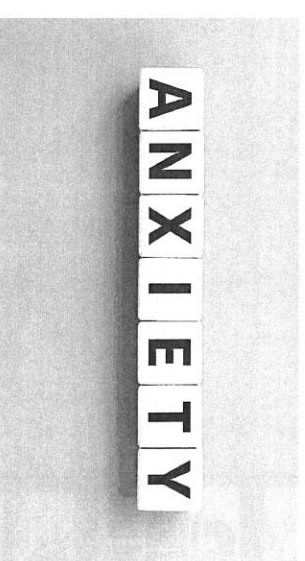
- LIFE MANAGEMENT
- NEW PARENTING
- PARENTING CONCERNS
- PARENTING IN TRANSITIONS
- SPECIAL NEEDS PARENTING
- PARENTING THROUGH RECOVERY

ANXIOUS FEELINGS

Participants will learn background information relating to anxiety and strategies to help children manage anxiety, worry and stress.

Tuesday, 12/12

5:30 pm - 7:00 pm Virtual



AGES & STAGES

Children develop on their own timelines. Learn about milestones and how to help when one size doesn't fit all.

Wednesday, 12/14

5:30 pm - 7:00 pm Virtual

COPING WITH STRESS

The busy, demanding job of being a parent can cause stress. Learn strategies to manage stress and create lifestyle changes

Monday, 12/18

5:30 pm - 7:00 pm Virtual