

Building Relationships for Stronger Families

Recommended Programme of Help



KEY INFORMATION ►

The practitioner you have seen has recommended the following intervention. Please read to find out more.

Triple P Family Transitions

Who is it for?

Separated parents (each attend separately or together).

What does it consist of?

Seven sessions for a separated parent.

Why does it help?

Family Transitions provides an overview of the challenges that parents face while making the transition through separation.

You will learn about the key principles to promoting a positive outcome for your child following separation. You will be able to evaluate what things you are doing well and set some goals for changes you would like to make.

(continued overleaf)

Photo posed by models for illustrative purposes only.

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Why does it help? *(continued)*

The **Coping with Emotions** session covers information on how emotions work and how they affect you and your child's transition through separation.

Strategies for managing unpleasant emotions are introduced including mindfulness, relaxation and challenging unhelpful thoughts. You will learn to develop a personal coping plan to help you stay calm in stressful situations.

The **Managing Conflict** session introduces strategies for improving communication with your ex-partner to enhance your co-parenting relationship.

The session provides guidelines for meetings about child-related issues and **how to problem solve difficult issues**. You will be guided to **develop a parenting plan** if you have not already done so.

The **Balancing Work, Family, and Play** session covers steps to developing a new family identity that includes finding a balance between your work and family commitments while making time to enjoy yourself and engage in pleasurable activities. Some ideas are provided for helping you develop new and satisfying partnerships.

Principles involved are:

1. Meeting the needs of the children
2. Effective co-parenting relationship
3. Communicating appropriately with children
4. Setting up a new life as a single parent
5. Taking care of yourself.



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