



# Triple P Family Transitions

Navigating separation or divorce can be a difficult time for families. This evidence-based program helps parents manage emotions, reduce conflict and strengthen relationships with their children during life transitions. Join us to gain practical strategies that promote resilience and foster a positive family environment through change.

For parents and caregivers with children ages 2 to 18 years

- Free five-week evening program
- Wednesdays, 5:30 to 7:30 p.m., April 8 to May 6, 2026

Call **780-416-6730** or email [familyresourcenetwork@strathcona.ca](mailto:familyresourcenetwork@strathcona.ca) to see if this program is a fit for you!