



## Parenting Through Transitions

*Developing strategies to help manage change*

### IN BRIEF

Parenting Through Transitions (PTT) is a course designed for parents and caregivers who have recently experienced significant change in their lives.

Whether redundancy, a change in family life (such as the impact of the COVID-19 lockdown) or experiencing a new and unexpected situation, it is important for parents to figure out how to manage the repercussions that occur, and how they may effect the well-being of their children.

### THE COURSE

Parenting Through Transitions is a weekly course - delivered in four 90 min sessions - designed to provide both skills and understanding about how to manage challenges associated with the transitions occurring in their lives.

The course is limited to a capacity of 10 participants, but will be running back-to-back throughout the year, so waitlists will be short.

Our standard course fee of \$75pp or \$110 per couple applies. However, please ask about our community support options if this is a barrier.

### WHAT YOU CAN EXPECT

PTT will provide the opportunity for participants to gain skills in managing the challenges of their current situation

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Resources will be available that will allow parents and their children to make positive changes in their relationships

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Participants will be part of a small group of people experiencing similar challenges

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For further information, or to enrol please contact group co-ordinators;  
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[www.cathsocialservices.org.nz](http://www.cathsocialservices.org.nz)