

Groups start soon

Contact Parentline to register,
and to confirm
venue and start date

Phone
355 1655
or call free
0800 432 6459

'Parent Help'
Phone Support line

Parenting support available
24 hours a day on
0800 568 856

Need a listening ear?

Parentline offers confidential counselling. Whether it is support with a particular problem you are facing or whether you just need a place to sound things out, a counsellor can help you get perspective and reach solutions.

Open Hours:
Mon - Fri 9.30 - 3.00



Hancock Community House, 77-85 King Street, PO Box 2014, Palmerston North 4440

Phone (06) 355 1655 Free phone 0800 4 Family (0800 432 6459)

Fax (06) 355 1722

Email admin@parentlinemanawatu.org.nz

Website www.parentlinemanawatu.org.nz

Facebook - Parentline Manawatu



Supporting parents to care for children
He tautoko i ngā mātua ki te manaaki tamariki

Counselling

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Counselling

Parentline counsellors are professionally trained and adhere to the New Zealand Association of Counsellors' code of ethics. Our counsellors are here to help with issues ranging through grief and loss, marriage and relationship discord, and self esteem through to specific parenting hurdles such as 'terrible twos', conflict resolution, anger management and teenagers!

Although you need to be a parent to access our counselling service, help is not limited to 'parenting issues' alone. Whatever the issue, if it impacts on you it impacts on your family relationships too. So whether it is support with a particular problem you are facing or whether you just need a place to sound things out, we can help you get perspective and reach solutions.

You don't have to go it alone!

Parentline's Counsellors

Rae Frear

Rae Frear qualified as a counsellor in 2006, working as a secondary school counsellor. She trained to be a Life Mastery Life Coach in 2020.

Rae uses a range of counselling modalities including strengths-based, solution-focused brief therapy. Her focus is holistic and future-focused - developing strategies to empower individuals, couples and families to live strong, healthy, satisfying lives and build strong, nurturing, respectful relationships.

Rae is from a farming background, is a mother and grandmother, and is very people-focused.

Sherina Nicol

Sherina Nicol (DipCouns, Cert.REBT, MNZAC) qualified as a counsellor in 2003. She has worked with individuals and families over the last fifteen years both in several social service agencies and in her own practice.

Sherina works in a collaborative way with clients to grow tools, resilience and wellbeing.

Sherina is a mother of three children and is enthusiastic about working with parents to improve family dynamics and health, and to assist families in achieving their goals.

Priya Shetty

Priyadarshini (Priya) Shetty has worked as a counsellor and social worker in a mental health clinic. She has worked with a wide range of people on issues such as postnatal depression, child guidance, bipolar disorder, drug addiction and other psychosis problems.

Priya uses a client-centered manner to meet the needs of clients - which means providing the service by respecting clients' individuality, identity, values and priority. To gain a better outcome, personalised goals and strategies will be developed for the client and this allows them to explore, identify and utilise their own strengths. Priya also uses behavioral, strength-based and narrative approaches depending on the needs of the clients.

Priya has been living in New Zealand since 2012 with her husband and two children.

Priya has a BA in Psychology, and a MSW in Medicine and Psychiatry.

The New Zealand Association of Counsellors (NZAC)

Advises that a full member of the NZAC is professionally trained and is expected to be

- trustworthy
- respect your confidentiality
- listen to you carefully and sensitively
- help you sort out how you would like things to be different
- support you in making the changes you choose to make.

What happens in counselling?

In counselling you are helped to explore your difficulties and concerns, and to develop more satisfying and resourceful ways of living.

A counsellor can help you to

- explore your emotions, thoughts and behaviour
- become more aware of yourself, your values and what motivates you
- plan and set goals
- improve your relationships
- reduce your stress
- develop your sense of well being (self-esteem, spirituality)
- do things differently

A counsellor may

- see you on your own or with support people
- give you information
- discuss with you who you could talk to about your difficulties
- act on your behalf with your consent
- refer you to someone more appropriate.