

ki te manaaki tamarik

tautoko

upporting parents to care for childre

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

Supporting parents to care for children

He tautoko i ngā mātua ki te manaaki tamariki

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

Website www.parentlinemanawatu.org.nz



Great **Fathering**

With support from



Email admin@parentlinemanawatu.org.nz

Great fathering

A group for men who have made a long term commitment to the care, well being and growth of particular children.

Many types of men do the work of fathering: fathers, step-fathers, uncles, grandfathers, mother's partners, mentors, step-grandfathers and good men in the community.

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.

The topics covered will be:

- Why fathers and fathering are important
- Being the father you want to be
- Gender difference
- Guidance and discipline
- Working in partnership with mothers and others
- Building your child's self esteem
- Fathering from outside the child's home
- The future of your child

The group runs for eight two-and-a-half hour weekly sessions.

Other Parentline courses:

Triple P Discussion Groups

Two hour discussion groups on a range of topics. To help parents make decisions that work for their family through education and discussion.

Triple P Teen Group

For parents of teenagers. To help you do the best for your teenagers and have an enjoyable family life!

Triple P General

For parents of children aged 3-10 yrs. 5-6 group sessions over 6-8 weeks. Gives you support to help you manage your child's behaviour and become a more confident parent.

Blended Families

Looking at what makes up a Blended Family, what are the myths and fallacies? Learn about the challenges, solutions and strategies.

Parenting Through Separation

A 4 hour programme to help people with children, who have separated or are thinking about separating.

The Incredible Years

To provide parents of children aged 3-8 with practical skills to build positive relationships and deal with challenging behaviour in everyday situations.

Triple P Teen Discussion Groups

In a relaxed 2.5hr group session, you will learn tips and suggestions for dealing with your teenager's problem behaviour.