

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

Email [admin@parentlinemanawatu.org.nz](mailto:admin@parentlinemanawatu.org.nz)

Website [www.parentlinemanawatu.org.nz](http://www.parentlinemanawatu.org.nz)

Facebook - Parentline Manawatu



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

## Triple P - Discussion Groups

## Triple P Discussion Groups

Does your child have meltdowns in the supermarket? Won't go to bed without a battle? Is always disobedient? Bites, hits or fights? Find out how to deal with this and what works for you.

A series of two-hour, small group sessions run by trained Triple P practitioners who offer parents practical advice for tackling specific problem behaviours.

You can do one or more of these Triple P groups:

- Dealing with disobedience
- Developing good bedtime routines
- Managing fighting and aggression
- Hassle-free shopping with children

## The Triple P Positive Parenting Programme

An internationally effective parenting programme based on scientific evidence. Discussion Groups get to the heart of a specific problem quickly and directly.



### 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.

### Other Parentline courses:

#### 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.

#### Great Fathering

A group for men committed to the care and well being of their children.

#### 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.