

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
Website www.parentlinemanawatu.org.nz

Facebook - Parentline Manawatu



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Triple P Teen - Discussion Groups

Triple P Teen Discussion Groups

A teenager who is rude and refuses to follow family rules. One who screams or cries at the drop of a hat. A teenager who is arguing with everyone in the family. Or one who's drinking, skipping school or hanging out with a bad crowd.

If any of these descriptions fit your teenager, Teen Triple P Discussion Groups can help. Teen Triple P Discussion Groups are short, small group sessions that offer parents practical advice for tackling specific problem behaviour.

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

- * Coping with Teenagers' Emotions
- * Getting Teenagers to Co-operate
- * Reducing Family Conflict
- * Building Teenagers' Survival Skills

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.



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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 Discussion Groups

Two hour discussion groups on a range of topics. To help parents of 3-8yr olds make decisions that work for their family through education and discussion.