

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.



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**  
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## Counselling

## 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

#### Mary Procter

Mary Procter (MCouns, BEd, MNZAC) has been counselling for the last 9 years after a long career in teaching. Mary has loved this change, finding working one on one or with small groups to allow her to really know the person / people she is working with. Mary grew up in the Rangitikei, with whanau links in Palmerston North and Whanganui. She is mother of 3 sons, 2 stepsons, grandmother of 11 and family is the most important thing in her life.

Mary trained at Massey University and through this and her work in an agency, developed a wide kite of skills, some of which include strength based practice, attachment theory, working with grief and loss, and dealing with trauma. Mary has recently attended courses in neuroscience, which also add a depth to her work. It is wonderful to know that neuroscience backs up in evidence the effects that talking therapy makes in people's lives. Mary is constantly amazed by the huge effort parents put into their children's lives, and welcomes the chance to work helping people to learn new strategies that will make life simpler. Parenting is one of the most important jobs we will ever face, and it takes courage to ask for support, and wisdom to know that you need it.

#### Leigh-ann Griffiths

Leigh-ann Griffiths (B.SocSci, DipCouns, PGrad DipSpEd) qualified as a counsellor in 2003, initially working in the alcohol and drugs field with youth. From this work, Leigh-ann developed her skills, using ideas from different schools of counselling — including client centred, motivational interviewing, solution-focussed and strength-based frameworks.

Taking time away from work to raise three young children has given Leigh-ann the opportunity to consolidate some practical skills to back up that theoretical knowledge.

Parenting is a monumental and at times overwhelming undertaking, and Leigh-ann is committed to working with families to develop the best possible outcomes and to help them to achieve their goals.

## 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.