

Groups start soon

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

Phone  
355 1655  
or call free  
0800 432 6459

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*



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



### 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.

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

## Blended Families

## Blended Families

### *Creating powerful possibilities within your new family*

This workshop looks at the issues, expectations and possible strategies for improving life within a family made up of varying combinations of adults and children.

The workshop content enables couples to explore and discuss:

- Confusing terminologies
- Myths/Truths
- Values
- Parenting styles
- Children's styles
- Nuclear/Blended families/Models/Developmental stages
- Communications tools
- Expectations/Emotions/Roles and strategies for change

### **Format**

A one day workshop (usually a Saturday) 9.30 am to 4 pm.  
A break for lunch on site will be taken. Lunch is provided within the cost.

### **Cost**

\$25 per couple (this includes lunch, course materials and refreshments)

### *Other Parentline courses:*

#### **Triple P Discussion Groups**

Two hour discussion groups on a range of topics.

#### **Triple P Teen Group**

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

#### **What Pushes your Buttons?**

Explore the triggers to your angry outbursts, to investigate where they originated and how to deal with them.

#### **Great Fathering**

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

#### **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.

#### **Parenting Through Separation**

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

#### **Effective Parenting**

Helping parents make decisions that work for their family through education and discussion.