

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

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
Website www.parentlinemanawatu.org.nz

Facebook - Parentline Manawatu



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What Pushes Your Buttons?

What pushes your buttons?

A group for parents experiencing overwhelming anger at their children, partners, family members and others.

The underlying foundation of this group is for the participants to have the opportunity to identify and examine the events/situations which trigger the anger and the underlying emotions which are often not recognised (eg grief, depression, hurt, betrayal, powerlessness, jealousy, etc).

The group runs for six two hour weekly sessions.

Groups run during the day.

Facilitator

Elayne Johnston is a professional counsellor with a private practice based in Feilding.

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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!

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.

Effective Parenting

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