



# ParentingNI



[parentingni.org](http://parentingni.org)



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## PARENTS HELPLINE

For free, confidential support on any parenting issue call us on **0808 8010 722**. Available **Monday – Thursday 9am – 8pm** and **Friday 9am – 5pm**.

## PARENTS COUNSELLING

Face to face support that focuses on realistic, manageable solutions for you and your family. We try to ensure that you can access this support from a venue close to you.

## PARENTING PROGRAMMES

Our range of parenting programmes can help you build on your skills and boost your confidence in your parenting. Programmes are fun, interactive and a great way to meet other parents in similar situations.

## EMPLOYEE WELLBEING

Our range of workshops for supporting parents/families in the workplace help employers look after the health and wellbeing of their staff, with a particular focus on parent employees.

## PARENTAL PARTICIPATION

Have your say on the issues important to you and your family. Consulting with parents enables us to highlight the key issues and needs of parents in order to influence government policy, planning and service delivery.

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