

Join our Parent Discussion Groups

Is a discussion group for me?

- I am a parent/carer
- I am willing to share my story
- I am willing to listen to others stories
- I am able to attend on the date and time specified

If you have answered yes to the questions we would love to hear from you.

New Parent Support
(pre birth—3months)
Wed 21st July
8-9pm

Parents supporting
children with anxiety
Wed 28th July
8-9pm

Parents Supporting
Teens
Wed 4th Aug
8-9pm

Parents Supporting
Children with ASD/SEN
Wed 11th Aug
8-9pm

Parents Co-Parenting
Wed 18th Aug
8-9pm

Phone us free on
0808 8020 400
to book a place

ParentLineNI™



New Parent Support Discussion Group

Is this discussion group for me?

- I am a new parent/carer or pregnant
- I am willing to share my story
- I am willing to listen to others stories
- I am able to attend on the date and time specified

Wed 21st July
8-9pm

What do I need to do?

- Phone 0808 8020 400 to book a place
- There are a maximum of 12 places, but if fully booked please add yourself to the waiting list as a space may become available or we may create another discussion group
- If you cannot attend, please let us know so that we can re-allocate your place
- If the discussion group is not for you please contact us to arrange 1:1 support from one of our experienced parent support officers on 0808 8020 400 or request a helpful resource via email

ParentLineNI™



Parents Supporting Children with Anxiety Discussion Group

Wed 28th July
8-9pm

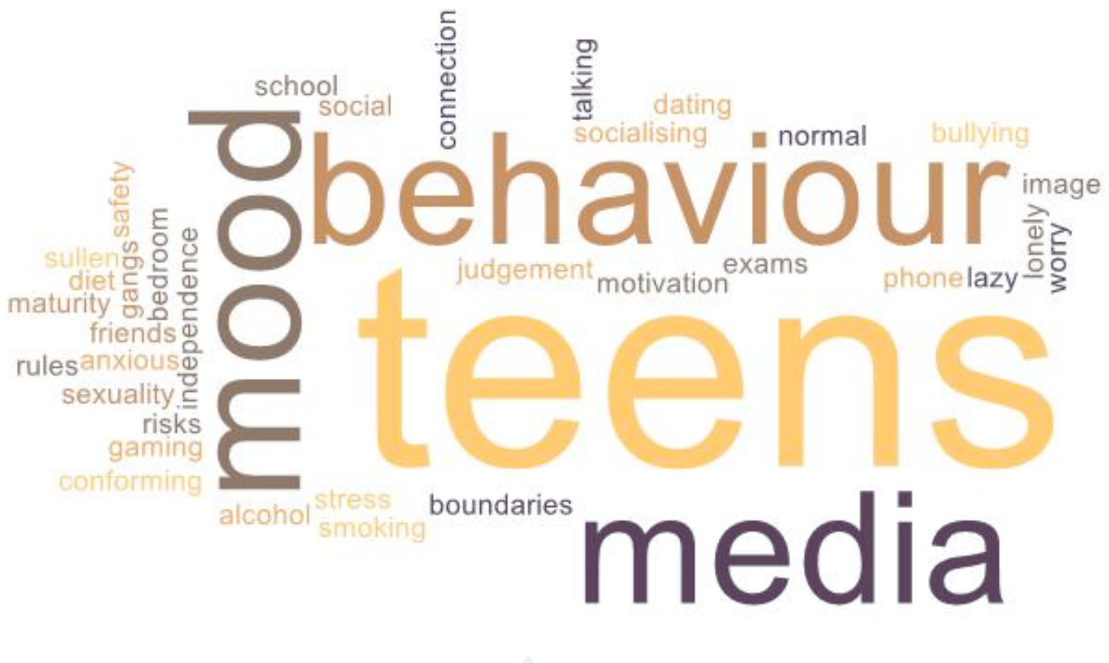
Is this discussion group for me?

- I am a parent/carer supporting a child with anxiety
- I am willing to share my story
- I am willing to listen to others stories
- I am able to attend on the date and time specified

What do I need to do?

- Phone 0808 8020 400 to book a place
- There are a maximum of 12 places, but if fully booked please add yourself to the waiting list as a space may become available or we may create another discussion group
- If you cannot attend, please let us know so that we can re-allocate your place
- If the discussion group is not for you please contact us to arrange 1:1 support from one of our experienced parent support officers on 0808 8020 400 or request a helpful resource via email

Parent LineNI™



Parents Supporting Teens Discussion Group

Is this discussion group for me?

- I am a parent/carer supporting a teenager
- I am willing to share my story
- I am willing to listen to others stories
- I am able to attend on the date and time specified

Wed 4th Aug
8-9pm

What do I need to do?

- Phone 0808 8020 400 to book a place
- There are a maximum of 12 places, but if fully booked please add yourself to the waiting list as a space may become available or we may create another discussion group
- If you cannot attend, please let us know so that we can re-allocate your place
- If the discussion group is not for you please contact us to arrange 1:1 support from one of our experienced parent support officers on 0808 8020 400 or request a helpful resource via email

ParentLineNI™



Parents Supporting Children with ASD/SEN Discussion Group

Is this discussion group for me?

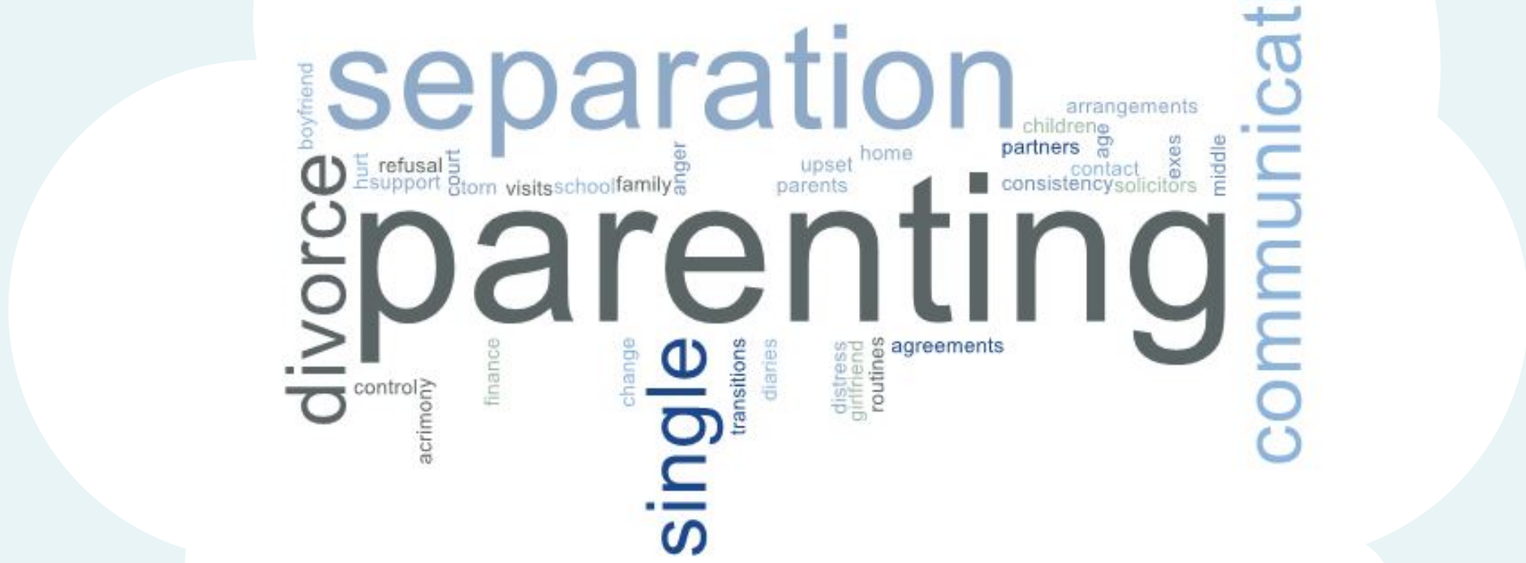
- I am a parent/carer supporting a child with ASD/SEN
- I am willing to share my story
- I am willing to listen to others stories
- I am able to attend on the date and time specified

Wed 11th Aug
8-9pm

What do I need to do?

- Phone 0808 8020 400 to book a place
- There are a maximum of 12 places, but if fully booked please add yourself to the waiting list as a space may become available or we may create another discussion group
- If you cannot attend, please let us know so that we can re-allocate your place
- If the discussion group is not for you please contact us to arrange 1:1 support from one of our experienced parent support officers on 0808 8020 400 or request a helpful resource via email

Parent LineNI™



Parents Co-Parenting Discussion Group

Is this discussion group for me?

- I am a parent/carer that is co-parenting
- I am willing to share my story
- I am willing to listen to others stories
- I am able to attend on the date and time specified

Wed 18th Aug
8-9pm

What do I need to do?

- Phone 0808 8020 400 to book a place
- There are a maximum of 12 places, but if fully booked please add yourself to the waiting list as a space may become available or we may create another discussion group
- If you cannot attend, please let us know so that we can re-allocate your place
- If the discussion group is not for you please contact us to arrange 1:1 support from one of our experienced parent support officers on 0808 8020 400 or request a helpful resource via email

Parent LineNI™