

# Parenting can be tough.

Need support to make changes in your family life?

*Need support with teenage years?*

“They’re nearly teenagers – how can I keep them safe?”

“My daughter thinks I’m her worst enemy but really I’m on her side”

*Sound familiar?*



“Our son’s out of control. He’s been suspended”

*Don’t know where to turn for support?*

Parentline Plus can offer ongoing support for you to help cope with everyday challenges and demands of parenting.

Extended Telephone Support – ETS – offers six, one to one telephone calls, at a time that is convenient to you.



**All telephone workers are parents themselves and have also been trained to offer this kind of support to parents.**

**All calls are confidential and FREE OF CHARGE!**

**CALL 0808 800 2222 TO BOOK ON TO THIS SERVICE OR TALK TO A MEMBER OF OUR STAFF FOR MORE INFORMATION**

