



"My daughter thinks I'm her worst enemy but really I'm on her side".

Sound familiar?



"They're nearly teenagers—how can I keep them safe?"

Need support with teenage years?



"Our son's out of control. He's been suspended"

Don't know where to turn to 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 up to 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 DISCUSS THIS SERVICE OR FOR MORE INFORMATION.

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