Parent LineNI™

0808 8020 400

Bounce Back

"Do you find yourself in cycles of nagging and bickering with partners and children? Are you fed up 'fighting fires' at home every day?"

If so then join us as we look at real ways to manage day to day challenges, cope with bumps along the way and all the while keeping our cool.

FREE parent and carer workshops via zoom

6 sessions 8pm-9pm starting Mon 4th Oct or Thurs 4th Nov 2021

Call us on
0808 8020 400
to learn more and book your place

Mon-Thurs 9am-9pm
Friday 9am-5pm
Saturday 9am-1pm

Supported by the Public Health Agency through the Clear Project

HSC Public Health Agency
Project supported by the PHA

Clear
Emotional well-being & Mental health