



**PARENTLINE** is a helpline for parents. Trained facilitators will give you confidential support, information and guidance on all aspects of parenting.

**NATIONAL PARENTS WEEK**  
**20TH – 26TH OCTOBER**

During National Parents Week, we celebrate parents and families. We want parents to know that there is help and support — over the phone or face to face.

**JUST CALL 1890 927277**  
**OR 01 8733500**  
**[www.parentline.ie](http://www.parentline.ie)**

Helpline open: Mon to Thurs 10am – 9pm  
and Friday 10am – 4pm

**IT'S OK TO ASK FOR HELP**