

Helping you parent with less stress and more ease

The HeArt of Parenting



The Triple P (Positive Parenting Programme) is for Parents of children 12 years and under

Triple P really works. It is one of the few parenting programmes in the world that has been scientifically proven to work. Its practical strategies have been tested over more than 30 years and shown to help families in all types of situations.

Parent Coaching

If you are struggling with a particular behaviour issue with your child, we will meet for four 45-minute sessions for one-to-one support, giving you strategies for success.

Culturally inclusive. Book your sessions now.

Group Discussions

We offer four topics of the most common childhood challenges. Topics include:

- Dealing with Disobedience
- Fighting and Aggression
- Developing Bedtime Routines
- Hassle-Free Shopping

You can join a group or form your own group

Both are free services through Shama, Hamilton Ethnic Women's Centre
Interpreter services available for non-English speakers
contact Sam at projects@shama.org.nz; 027-843-3002

Samantha Rose, Family Success Facilitator

Sam is the parent of a teen son and daughter, is a Triple P Certified Practitioner. She is a professional group process facilitator with a Master degree in adult education and social change



Enriching the relationships that matter most