

Hurunui Family Whanau Care Workshops

Amberley Library

Tuesdays, 10am – 12:30pm

Workshop One: Personal Development (5 weeks)

20th August, 27th August, 3rd September, 10th September & 17th September

Establishes identity of self and explores strengths and weaknesses, investigates emotion and a picture of strengths, values, beliefs that fuel hopes, dreams and goals.

Workshop Two: Parenting (5 weeks)

15th October, 22nd October, 29th October, 5th November & 12th November

Establishes identity as a family, explores personal experiences when parented. Investigates helpful tools and strategies and grows an understanding of why discipline is helpful and can be brought in a loving way.

A \$20 payment up-front or \$2 weekly koha is required to cover costs of the workbooks and resources provided for each participant. Please contact us if this is a barrier.

Snacks and drinks are provided.

Workshops are facilitated by two qualified staff members and will have approximately 8-15 participants.

Previous Feedback:

- I have the tools to improve the way I see myself and others." J.T.
- My self-worth has improved, and I am now aware to things I was blind to." N.M

To register or for more information please call, text or email:

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Family Whanau Care
Tui Counselling Services



Value Respect Honour

Passion, Connection, Community