



How to help your kids when you separate.

Separating from your partner or spouse is usually stressful, but the effects of this can be minimised for your children.

This free, four hour course provides a wealth of information and well-proven ideas that will benefit you and your children.

Dates & Times:

Sat	20	Aug	10am to 2pm
Sat	20	Aug	10am to 2pm H'ville
Thur	25	Aug	6pm to 10pm
Sat	3	Sept	10am to 2pm
Thur	8	Sept	6pm to 10pm
Sat	17	Sept	10am to 2pm
Thur	22	Sept	6pm to 10pm
Sat	1	Oct	10am to 2pm
Thur	6	Oct	6pm to 10pm
Sat	15	Oct	10am to 2pm
Thur	20	Oct	6pm to 10pm
Sat	22	Oct	10am to 2pm H'ville
Sat	29	Oct	10am to 2pm
Thur	3	Nov	6pm to 10pm
Sat	12	Nov	10am to 2pm
Thur	17	Nov	6pm to 10pm
Sat	26	Nov	10am to 2pm
Thur	1	Dec	6pm to 10pm
Sat	10	Dec	10am to 2pm
Thur	15	Dec	6pm to 10pm

Contact: Jess Hale 818.6834



Building Awesome Whanau (0-12)

Topics:

- 1 – Building your family on aroha
- 2 – Parents are the roof: protecting your whanau
- 3 – The walls of the whare : boundaries to keep the good stuff in and the bad stuff out
- 4 – Keep it sweet : atmosphere is everything
- 5 – Cool korero : communication
- 6 – Outside the whare : living in the big world

Dates: Six Thursdays
Oct 20 to Nov 24

Time: 10am -12.15pm

Cost: Sliding scale: from gold coin donation
(up to full price \$75 person/\$110 couple)
Free to foster parents and caregivers

Facilitator: Bella Wikaira

Venue: LIFEWISE Family Services
3131 Great North Rd, New Lynn

Contact: Jess Hale 818.6834



3131 Great North Rd, New Lynn

offers

**TOOLBOX
PARENTING
COURSES**

&

Parenting Through
Separation

for

TERM 4 – 2016



Early Years (0 to 6 years)

Topics:

Different parenting styles
 The style that works best
 Physical and emotional needs
 Children's personality types
 Different ages and stages
 How to engage cooperation
 Handling more difficult behaviour
 The strong-willed child
 Creating a childhood to remember
 The Five Love Languages

Dates: Six Mondays
 Oct 17 to Nov 21

Times: 7pm to 9.15pm

Cost: Sliding scale: from gold coin donation
 (up to full price \$75 person/\$110 couple)
 Free to foster parents and caregivers

Facilitator: Griff Richards 818.0204
GriffR@lifewise.org.nz

Venue: LIFEWISE Family Services
 3131 Great North Rd, New Lynn

Contact: Jess Hale 818.6834
JessH@lifewise.org.nz



Building Awesome Whanau (0-12)

Topics:

- 1 – Building your family on aroha
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Dates: Six Tuesdays
 Oct 18 to Nov 22

Time: 7pm to 9.15pm

Cost: Sliding scale: from gold coin donation
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Tweens & Teens (12+)

Topics:

What makes a teenager tick
 Creating a positive atmosphere
 Teenagers and chores
 Limits and boundaries
 Keeping them connected to family
 Communication with your teenager
 Age appropriate consequences
 What about sex and dating?
 Keeping your teenager safe
 From discipline to self discipline

Dates: Six Wednesdays
 Oct 19 to Nov 23

Time: 7pm to 9.15pm

Cost: Sliding scale: from gold coin donation
 (up to full price \$75 person/\$110 couple)
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