

Maternal Mental Health Service Community Support Work

Our Maternal Mental Health Support Service works in partnership with mothers and their babies using strengths based recovery principles when they are experiencing mental health challenges.

Who can receive our service?

Women aged 18+ who live within the Waitemata District Health Board Region (Waitakere & North Shore Cities). Also women with a recognised psychiatric or drug or alcohol related disability.

How we can help

- WINZ Advocacy
- Advice
- Parenting Courses
- Recovery Programmes
- Life Skill Courses
- Budgeting
- Access to course information for pre-employment training
- Personal Plans
- Support Groups

Please contact us at (09)834 4893
Email: linda.wallwork@dayspring.co.nz

How do I enrol?

Bookings are essential for all programmes and the creche. Creche costs are just \$1 per session per family.

To register or for more information please phone (09) 827-6321 or email info@dayspring.co.nz

All classes held at Dayspring Trust,
2 Seabrook Ave, New Lynn, Auckland 0600

Please note: fees to be paid at time of booking. Fees are not refunded if you withdraw within 48 hours of commencement.

All courses need a minimum number of enrolments to go ahead. If the course does not have the required number of enrolments, we regret that we will need to cancel. You will be contacted by either email, telephone or by text, 2 - 3 days prior to the scheduled start date and we will refund your money.

We thank our supporters

- Foundation North
- Lottery Community Board
- TTCF
- COGS
- T & M Carr- Sir E Davis
- Southern Trust
- Hostel of the Holy Name
- J M Thompson Trust
- MSD
- Waitemata DHB
- Sky City Community Trust
- The Lion Foundation

Registered Charity CC25183



TERM 4 2017 PROGRAMME

Dayspring Trust works with vulnerable families, mothers and their babies who are living with post-natal depression or an ongoing mental illness.

We provide programmes and services that are designed to positively influence the pathways for women and their families. All classes run during school term time. A creche is available for under 5's while you attend our programmes.

**Dayspring Trust
2 Seabrook Ave, New Lynn
Auckland 0600
PO Box 20 269 Glen Eden
Auckland 0641
Phone:(09) 827-6321**

info@dayspring.co.nz
www.dayspring.co.nz



Circle of Security Parenting

Have you ever wondered why you feel distressed, frustrated or overwhelmed when your child's behaviour is demanding, aggressive or clingy? Would you like to explore and learn how to build a secure base/safe haven relationship with your child and shift your focus from behaviour management to enhancing the quality of the relationship with your child? This is an 8 week programme held on a **Monday**. In the last week there will be 2 sessions- **Monday** and **Friday**.

Monday 30 October – 11 December & Friday 15 December 2017
10:00am – 12:00pm **\$80**



Creative Art Classes

Suitable for beginner & intermediate levels. Our facilitator will show you basic skills & techniques and help you find your own style. Complimentary starter pack for all new clients includes visual art diary and pencils. Paints and canvas paper are provided. Every **Monday** in term time.

16 October – 11 December 2017
10:00am – 1:00pm **\$80**



Exercise Classes

Our personal trainer Chloe's passion is helping women of all ages and abilities achieve their health and fitness goals. Her exercise classes are designed to get you fit, get your metabolism burning faster and target the bits of your body us ladies care about the most- flat stomachs, shapely legs and toned arms, while having a heap of fun along the way. Please bring a towel and a water bottle. Every **Tuesday** in term time.

17 October – 12 December 2017
10:30am – 11:30am **\$5 per session**



Sewing Classes

Suitable for beginners to advanced sewers. Build your own skills week by week and choose your own projects. Sewing machines and overlockers provided. Please bring a small sewing kit including pins, scissors, cotton, material, tape measure, patterns (if required), unpicker and tailors chalk/pencil. Every **Friday** in term time.

20 October – 15 December 2017
9:30am – 2:00pm **\$65**



Counselling Services

Dayspring Trust provides Counselling Services for:

- Anxiety
- Depression
- Divorce
- Post Traumatic Stress Disorder
- Psychological and Mental Abuse
- Grief and Loss
- Relationships
- Physical or Sexual Abuse

Hours By Appointment.

Our counsellors are members of either the New Zealand Christian Counsellor's Association (NZCCA) or the New Zealand Association of Counsellor's (NZAC), and adhere to the provision of confidentiality under the Privacy Act 1983.

Contact us in confidence on (09) 827-6321

Supported Landlord Service

Who can receive our service?

People who live within the Waitemata District Health Board Region- (Waitakere and North Shore Cities.) People with a recognised psychiatric or drug or alcohol related disability.

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