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|  |  |  | **Our facilitators**  **Griff Richards** (Parenting Facilitator)  Griff facilitates the Baby & Toddler Years Toolbox, the Building Awesome Whanau Toolbox on Tuesday evenings, the Teenage Toolbox, and all the Parenting Through Separation courses held at New Lynn.  818 0204 or griffr@lifewise.org.nz  **Bella Wikaira** (Community Social Worker)  Bella facilitates the Building Awesome Whanau Toolbox on Thursday mornings.  818 0202 or bellaw@lifewise.org.nz  **About Lifewise Family Services**  **3131 Great North Rd, New Lynn**  **www.lifewise.org.nz**  **09 818 6834**  In addition to parenting courses, we provide social work support in the following areas to families living in West Auckland:   * Parenting * Advocacy * Health/wellbeing * Counselling * Budgeting * Housing * Family relationships * Family Violence * Community Respite |  | **Parenting Courses** | X:\Brand resources\Lifewise brand\1_Primary Logo\High Res\LW_Logo+strap_4C_HR.png  Lifewise Family Services  3131 Great North Rd, New Lynn  Toolbox Parenting Courses  &  Parenting Through Separation  **TERM 1 - 2019** |
| **Parenting Through Separation**  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:**   |  |  | | --- | --- | | Thursday 17th Jan | 6pm – 10pm | | Saturday 26th Jan | 10am – 2pm | | Thursday 31st Jan | 6pm – 10pm | | Saturday 9th Feb | 10am – 2pm | | Thursday 14th Feb | 6pm – 10pm | | Saturday 23rd Feb | 10am – 2pm | | Thursday 28th Feb | 6pm – 10pm | | Saturday 9th Mar | 10am – 2pm | | Thursday 14th Mar | 6pm – 10pm | | Saturday 23rd Mar | 10am – 2pm | | Thursday 28th Mar | 6pm – 10pm | | Saturday 6th Apr | 10am – 2pm | | Thursday 11th Apr | 6pm – 10pm | | Saturday 20th Apr | 10am – 2pm |   **Cost:** This course is fully funded by the Ministry of Justice and there is no cost to you.  **Register:**  To register or for more information, contact Jess Hale - ph. 818 6834, email jessh@lifewise.org.nz |
|  |  |  |  |  | **Venue**  **Lifewise Family Services,**  **3131 Great North Rd,**  **New Lynn**  **Toolbox Courses Cost**  Cost is $75/person or $110/couple. There is a subsidy available for financial hardship. | |
| **Baby and Toddler Years**  **(0-4 years)**  **Topics**   * Love is the foundation * Parents * Stronger, deeper, closer * Heart-led parenting * Discipline without shouting, force, fluster * Putting it all together   **Dates**  **Monday** evenings for six weeks  7pm – 9.15pm  18th Feb to 25th Mar 2019 |  |  | **Building Awesome Whanau**  **(0-12 years)**  **Topics**   * Building your family on aroha * Parents are the roof: protecting whanau * The walls of the whare : boundaries * Keep it sweet: atmosphere is everything * Cool korero: communication * Outside the whare: living in the big world   **Dates**  **Tuesday** evenings for six weeks  7pm – 9.15pm  19th Feb to 26th Mar 2019  **OR**  **Thursday** mornings for six weeks  10am – 12.15pm  21st Feb to 28th Mar 2019 |  |  | **Teenage Years**  **(13+ years)**  **Topics**   * Love is the foundation * Parents * Stronger, deeper, closer * Heart-led parenting * Discipline without shouting, force, fluster * Putting it all together   **Dates**  **Wednesday** evenings for six weeks  7pm – 9.15pm  20th Feb to 27th Mar 2019 |
| **To register or more information:**  **ph:** 818 6834 **email:** familyservices@lifewise.org.nz **web:** www.lifewise.org.nz | | | | | | |