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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.pngLifewise Family Services3131 Great North Rd, New LynnToolbox 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:**

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| --- | --- |
| 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 weeks7pm – 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 weeks7pm – 9.15pm19th Feb to 26th Mar 2019**OR****Thursday** mornings for six weeks10am – 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 weeks7pm – 9.15pm20th Feb to 27th Mar 2019 |
| **To register or more information:** **ph:** 818 6834 **email:** familyservices@lifewise.org.nz **web:** www.lifewise.org.nz |