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|  |  |  | **Our facilitators****Griff Richards** (Parenting Facilitator)Griff facilitates the Early Years Toolbox, Building Awesome Whanau Toolbox on Tuesday evenings, the Tweens and Teens Toolbox, and all the Parenting Through Separation courses held at New Lynn.818 0204 or griffr@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** | Toolbox Parenting Courses&Parenting Through Separation**TERM 2 - 2018**Lifewise Family Services3131 Great North Rd, New Lynn |
| **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 15th March | 6pm – 10pm |
| Saturday 24th March | 10am - 2pm |
| Thursday 29th March | 6pm – 10pm |
| Saturday 31st March | 10am - 2pm |
| Saturday 14th April | 10am – 2pm |
| Thursday 19th April | 6pm – 10pm |
| Saturday 28th April | 10am - 2pm |
| Thursday 3rd May | 6pm – 10pm |
| Saturday 12th May | 10am - 2pm |
| Thursday 17th May | 6pm – 10pm |
| Saturday 26th May | 10am - 2pm |
| Thursday 31st May | 6pm – 10pm |

**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 Haleph. 818 6834, email jessh@lifewise.org.nz |
|  |  |  |  |  | **Venue****Lifewise Family Services,** **3131 Great North Rd,****New Lynn****Toolbox Courses Cost** Sliding scale from gold coin donation up to full cost $75/person or $110/couple. FREE to foster parents and caregivers. |
| **Early Years** **(0-6 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****Monday** evenings for six weeks7pm – 9.15pm 30th April 2018 to 4th June 2018 |  |  | **Building Awesome Whanau** **(0-12 years)****Topics*** Building your family on aroha
* Parents are the roof: protecting your whanau
* The walls of the whare: boundaries to keep the good stuff in and the bad stuff out
* Keep it sweet: atmosphere is everything
* Cool korero: communication
* Outside the whare: living in the big world

**Dates****Tuesday** evenings for six weeks7pm – 9.15pm1st May 2018 to 5th June 2018 |  |  | **Tweens & Teens** **(12 years +)****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****Wednesday** evenings for six weeks7pm – 9.15pm2nd May 2018 to 6th June 2018 |
| **To register or more information:** **ph:** 818 6834 **email:** familyservices@lifewise.org.nz **web:** www.lifewise.org.nz |