

# Parenting through separation

AN INFORMATION PROGRAMME FOR PARENTS

## 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

Saturday 14 <sup>th</sup> January	10am – 2pm
Thursday 19 <sup>th</sup> January	6pm – 10pm
Saturday 28 <sup>th</sup> January	10am – 2pm
Monday 30 <sup>th</sup> January	6pm – 10pm
Saturday 11 <sup>th</sup> February	10am – 2pm
Thursday 16 <sup>th</sup> February	6pm – 10pm
Saturday 18 <sup>th</sup> February*	10am-2pm *Helensville
Saturday 25 <sup>th</sup> February	10am – 2pm
Thursday 2 <sup>nd</sup> March	6pm – 10pm
Saturday 11 <sup>th</sup> March	10am – 2pm
Thursday 16 <sup>th</sup> March	6pm – 10pm
Saturday 25 <sup>th</sup> March	10am – 2pm
Thursday 30 <sup>th</sup> March	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 Hale,  
ph. 818 6834, email [jessh@lifewise.org.nz](mailto:jessh@lifewise.org.nz)

### 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](mailto:griffr@lifewise.org.nz)

**Bella Wikaira** (Community Social Worker)  
Bella facilitates the Building Awesome Whanau Toolbox on Thursday daytimes.  
818 0202 or [bellaw@lifewise.org.nz](mailto:bellaw@lifewise.org.nz)

**Michele Cogle** (Foster Care Social Worker)  
Michele facilitates the Parenting Through Separation courses at Helensville.  
818 0203 or [michelec@lifewise.org.nz](mailto:michelec@lifewise.org.nz)

### ABOUT LIFEWISE FAMILY SERVICES

**3131 Great North Rd, New Lynn**  
**[www.lifewise.org.nz](http://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

LIFEWISE

*turning lives around*

# PARENTING COURSES

Toolbox Parenting Courses  
&  
Parenting Through Separation

**TERM 1 - 2017**

Lifewise Family Services

3131 Great North Rd, New Lynn



## Venue

Lifewise Family Services,  
3131 Great North Rd,  
New Lynn

### 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 weeks  
7pm – 9.15pm  
13<sup>th</sup> February 2017 to 20<sup>th</sup> March 2017

### 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 weeks  
7pm – 9.15pm  
14<sup>th</sup> February 2017 to 21<sup>st</sup> March 2017

#### OR

**Thursday** daytime for six weeks  
10am – 12.15pm  
2<sup>nd</sup> March 2007 to 6<sup>th</sup> April 2017

### 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 weeks  
7pm – 9.15pm  
15<sup>th</sup> February 2017 to 22<sup>nd</sup> March 2017

#### TOOLBOX COURSES COST

Sliding scale from gold coin donation up to full cost \$75/person or \$110/couple. FREE to foster parents and caregivers

#### TO REGISTER OR MORE INFORMATION:

**Contact** Jess Hale **ph:** 818 6834 **email:** [jessh@lifewise.org.nz](mailto:jessh@lifewise.org.nz) **web:** [www.lifewise.org.nz](http://www.lifewise.org.nz)