



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 8 th April	10am – 2pm
Thursday 13 th April	6pm – 10pm
Saturday 22 nd April	10am – 2pm
Thursday 27 th April	6pm – 10pm
Saturday 6 th May	10am – 2pm
Thursday 11 th May	6pm – 10pm
Saturday 20 th May	10am-2pm
Thursday 25 th May	10am – 2pm
Saturday 3 rd June	6pm – 10pm
Thursday 8 th June	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

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

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

LIFEWISE

turning lives around

PARENTING COURSES

Toolbox Parenting Courses
&
Parenting Through Separation
TERM 2 - 2017

Lifewise Family Services
3131 Great North Rd, New Lynn



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 weeks
7pm – 9.15pm
1st May 2017 to 5th June 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
2nd May 2017 to 6th June 2017

OR

Thursday daytime for six weeks
10am – 12.15pm
4th May 2007 to 8th June 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
3rd May 2017 to 7th June 2017

TO REGISTER OR MORE INFORMATION:

ph: 818 6834

email: familyservices@lifewise.org.nz

web: www.lifewise.org.nz