*Women's Centre Waitakere*

COURSES FOR WOMEN

TERM 1, 2014 (JANUARY - APRIL)

KNOWING YOURSELF

Rebuilding Self-esteem

MONDAY: 10.00 - 12.00

START: 10th Feb - 31st March

(8 weeks)

@ Women's Centre Waitakere

111 McLeod Rd Te Atatu South

WHAT THE COURSE COVERS:

-What is self-esteem

- Developing self-esteem

- Parent, adult & child ego states

- Drama triangle - unhealthy patterns

of interactions within relationships

- Alternative triangle - stepping out of

the drama triangle

- Challenging destructive childhood

messages perceived as truth

-Explore Life positions - how these

influence our view of self and life

- What happens when our basic human needs are met/ not met

- Life Balance

- Exploring internal & external resources

- Setting SMART goals

- Self-care

Course Costs:

Weekly Gold Coin donation

Crèche: Available on request

Registration Essential!!

FAMILY RELATIONSHIPS

Creating a healthy family environment

WEDNESDAY: 10.00 - 12.30

START: 12th Feb - 2nd April

(8 weeks)

@ Dayspring Trust

2 Seabrook Ave

New Lynn

WHAT THE COURSE COVERS:

- What helps to create a healthy

family environment

- Exploring beliefs & values

- How to strengthen families

- How to strengthen relationships

- Love languages

- Attachment

- What behaviours & attitudes get in

the way

CONTACT US:

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Women's Centre Waitakere

W.R.A.P. GROUP

Wellness Resilience Action Plan

FRIDAY: 10.00 - 1.00

START: 31st Jan - 7th March

(6 weeks)

@ Women's Centre Waitakere

111 McLeod Rd Te Atatu South

Limit of 10 participants

WHAT THE COURSE COVERS:

- Strategies to manage anxiety and

depression

- Develop a wellness recovery plan

around anxiety & depression

Developed in partnership with

Post Natal Distress Support Network

**Mission statement**

*Empowering women*

*Promoting family wellbeing*

*and*

*Community belonging*