

# Supporting tamariki & whanau wellbeing

## free parent workshops



- Learn about anxiety & what it looks like in children
- Learn coping strategies for tricky behaviour
- Learn how to navigate uncertainty
- Learn about free counselling available

**Wed March 10th, 1pm-2:30pm at Te Aroha College**

**Wed March 17th, 9:30am-11am at Manawaru School**

**Wed March 17th, 1pm-2:30pm at St Joseph's Catholic School, Te Aroha**

**Wed March 24th, 8:45am-10:15am at Springdale School**

**Wed March 24th, 1pm-2:30pm at Elstow-Waihou School**

**Wed March 24th, 6pm-7:30pm at Stanley Avenue School**

**Come join Natalie & Dawn for a cuppa & a chat**

**Drop in at any of the free sessions**

**Choose the time and space that works for you**

**email [s.daroux@tacol.nz](mailto:s.daroux@tacol.nz) for more information**