

7-9PM, TUESDAYS

08-29
AUGUST

KINGS WAY SCHOOL
SENIOR CAMPUS
WHARENUI ROOM
100 JELAS ROAD
RED BEACH

A background image showing the silhouettes of a family of four (two adults and two children) walking away from the viewer on a beach. They are holding hands and walking towards a bright sunset over the ocean. The scene is bathed in the warm, golden light of the setting sun.

THRIVING FAMILIES IN THE MIDST OF CHALLENGES

A WORKSHOP FOR PARENTS
OR CAREGIVERS
WHO HAVE ADOLESCENTS
AGED BETWEEN 11 AND 18

COST: \$60 (COUPLE)
\$40 (ONE PARENT OR CAREGIVER)
DONATION ALSO ACCEPTED
FOR THOSE IN FINANCIAL HARDSHIP

THRIVING FAMILIES IN THE MIDST OF CHALLENGES

A WORKSHOP FOR PARENTS OR CAREGIVERS
WHO HAVE ADOLESCENTS AGED BETWEEN 11 AND 18

**Do you feel at a loss
as to what to do in a crisis?**

**Do you feel challenged in understanding
your adolescent's thoughts or feelings
experiencing cultural, generational gap
or something else?**

**Do you feel that you are constantly
dealing with repeated escalated situations
with your adolescents?**

If you answer yes to one of those questions, come join
THRIVING FAMILIES IN THE MIDST OF CHALLENGES!

This workshop is designed for parents or caregivers
who have adolescents aged between 11 and 18. You will
learn essential new perspectives, core communication
skills and how to deal with crisis, so you will really
stay connected and understand each person's need.

Sessions include:

THE FAMILY IS A SYSTEM

Adolescents are part of a family system

TUNING INTO FAMILY STAGES

Family Life Cycle Development Stage

TUNING IN TO FAMILY FUNCTION

Family Function

THRIVING FAMILY WITH NEW SKILLS

Emotional regulation, key communication skills
and how to bond as a family



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