



Parent Information

Drop-in Session

NEXT DATE - Friday 17th February

Mana Ake are offering free, 30 minute drop-in sessions to any parents/caregivers wanting support/guidance. Focus areas include -

- ★ Emotions and regulation
- ★ Parenting Support
- ★ Children + Anxiety
- ★ Supporting children with separation/loss
- ★ Any other issues

*You are able to book a drop-in session with a
Mana Ake worker here -*

<https://www.schoolinterviews.co.nz/>

Click MAKE A BOOKING

Enter the code - eqj4r

Please note drop-in sessions are virtual meetings using Zoom.
For more information about Mana Ake services please
visit their website manaake.health.nz

