

Diversity Counselling New Zealand

Family Well-Being Programme for Migrants 2016



The following programmes are being planned. They might be changed.

Term	Date	Topic
Term 2	07 Jun	A Migrant's Story: Guest speaker: Philip Yeung, Hamilton City Councillor
Term 2	21 Jun	Take the stress out of learning English: Guest speaker: Jo de Lisle, Manager English Language Partners Waikato
Term 2	05 Jul	How to become a calm and confident job seeker: Guest speaker: Susan Wright, English Language Partners Waikato
School Break		
Term 3	02 Aug	How to support and help our children: Guest speaker: Petronilla Mazai, Parentline
Term 3	16 Aug	Everyday mindfulness 1 - Breathing exercises
Term 3	30 Aug	Everyday mindfulness 2 - Body scan meditation
Term 3	13 Sep	Depression : how can family and friend support who has depression
School Break		
Term 4	11 Oct	Self Esteem 1
Term 4	25 Oct	Self Esteem 2
Term 4	01 Nov	Communication skills 1
Term 4	15 Nov	Communication skills 2

Supported by:

