



Hearts & Minds
Manawa Ora me te Hinengaro
Strengthening the Wellbeing of People and Communities

PARENTING TWEENS & TEENS THROUGH STRESS & ANXIETY

In a time of great change young people's stress and anxiety is increasing. This supportive group helps parents manage the challenges that parenting young people aged 11-18 can bring. Join a supportive, non-judgmental space to learn strategies and tools to help you parent young people through the challenges they face.

(GROUP 1)

DATE **Thursdays**
5th, 12th, 19th and 26th May

TIME 7:00pm - 8:30pm (4 sessions)

VENUE Online (Zoom)

COST FREE

(GROUP 2)

DATE **Thursdays**
9th, 16th, 23rd and 30th June

TIME 7:00pm - 8:30pm (4 sessions)

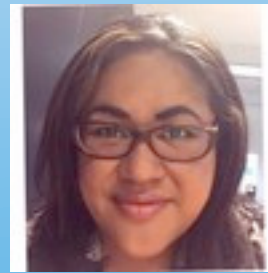
VENUE Online (Zoom)

COST FREE



Waitematā
District Health Board

Best Care for Everyone



**FREE
WELLBEING
GROUP**

ABOUT TILLIE LIMA

(Bachelor of Counselling, Diploma in Business & Counselling)

Talofa lava, Kia ora and hello! My name is Tillie, and I am a registered NZAC counsellor of 3 years. I've passionately been working for over 20 years, supporting young people and young adults.

Covid and lockdowns have changed the landscape of many things, intensifying a rollercoaster of emotions, feelings, and uncertainty. If you have been feeling uncertain, found yourself struggling or would like to be part of the discussion, you are not alone. I would like to invite you to join me, as we discuss and add to your wellbeing Kete. Together, my background, skills, work, and life experiences drew me to a career in counselling.

**To register contact
Hearts & Minds**

PHONE 09 441 8989

E-MAIL learning@heartsandminds.org.nz

WEB www.heartsandminds.org.nz