

PARENTING TWEENS & TEENS THROUGH STRESS & ANXIETY

In a time of great change young people's stress and anxiety is increasing. This group supports parents to manage the challenges that parenting young people aged 11-18 can bring. This group is a supportive space to learn strategies and develop tools to help parent young people through challenging times.

Keri is an experienced counsellor who has been working with children and young people in schools on the North Shore. She brings a wealth of knowledge and experience with children and stress and works in an empowering way to support parents to share their challenges and discover tools to help them.



ABOUT KERI WOODS

(MA Psych, Post Grad Dip Counselling, Dip Tchg, NZAC (Prov Member))

Keri holds a Post Graduate Diploma in Counselling, an MA in psychology, a Diploma in Teaching, and is a mother of three. She has developed, delivered, and facilitated workshops for both community and corporate organisations. She also volunteers and facilitates Seasons for Growth programmes for children coping with loss and change. All of her studies and various careers have been people focused.

To register contact Hearts & Minds

PHONE 09 441 8989

E-MAIL learning@heartsandminds.org.nz

WEB www.heartsandminds.org.nz

LIMITED PLACES

Early enrolment is essential.

DATE Every Wednesday, 9th June to 30th June

TIME 10:30am - 12:30pm (4 sessions)

VENUE Hearts & Minds Community Hub, Northcote

COST FREE

FREE

**WITH A DOCTOR
OR HEALTH
PROFESSIONAL'S
REFERRAL**

