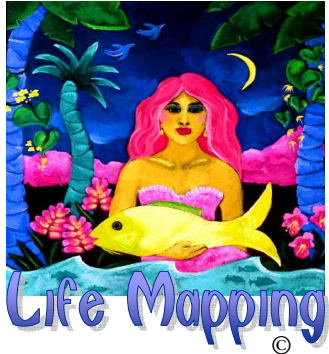


# Courses/Workshops



In LifeMapping we use large sheets of paper painted with a time line. Seven year periods are marked in, this being the period of time

it takes for the physical body to renew itself. Throughout the course creative exercises bring the Map to life. We gain a sense of perspective and universal connection through seeing our life laid out as a whole, interwoven with the lives of others. By looking deeper we can see a path emerging that has been there from the very beginning. That path contains our life's purpose; it honours the past, celebrates the present and gives direction to the future.

**Six week self confidence course for women - Wednesdays, Feb 13, 20, 27, March 5, 12 & 19, 10am - 12.**  
**Facilitator: Madeline Bass-Podger**

Minimum course donation  
\$5 or more per session

Registrations ph Home & Family 379 5645

## OUR MISSION

Offering accessible strengths based social services that enable people to make a positive difference in their lives, their families and communities.

## OUR VISION

Creating healthy, safe families and communities by working together, appreciating who we are and what we have, discovering our dreams and building the strength and ability to turn them into reality.



TE WHARE MANAAKI TANGATA

COUNSELLING - EDUCATION  
EMERGENCY ACCOMMODATION

221 Manchester St PO Box 287  
Christchurch t: 379 5645 f: 366 7371  
e: info@homeandfamily.net.nz  
counselling@homeandfamily.net.nz  
[www.homeandfamily.net.nz](http://www.homeandfamily.net.nz)



**“Bricks & mortar make a house,  
but the laughter of children  
makes a home”**

IRISH PROVERB

**Groups, Courses & Services  
- TERM ONE, 2008 -**

# Counselling



Professional counselling, payable by donation for individuals, children & families, including Relationship Counselling for couples.

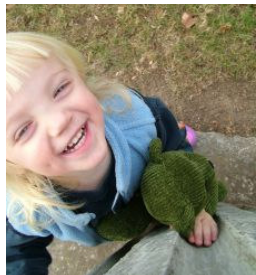
**Now available - email counselling**

counselling@homeandfamily.net.nz

# Emergency Supported Accommodation



**Supported Emergency Accommodation House...** our large family house offers women & their children both emergency accommodation & comprehensive social work support. Staffed 24 hours a day, families stay from a day to six months.



**Family Flats...** Home & Family have two separate self contained flats available for Mums, Dads and kids, or small family groups

# Parenting Course



**4 week Course on 4 Friday mornings  
March 7, 14, 21 & 28  
9.30 - 11.30am at Home & Family**

Looking at practical effective strategies to manage common behavioural problems.

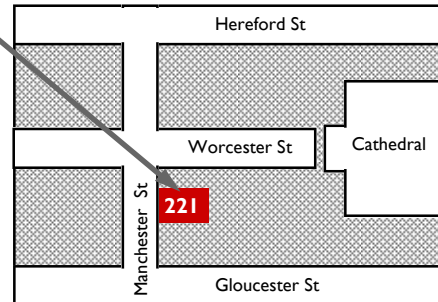
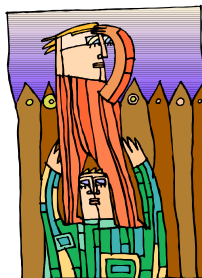
**Suitable for parents of children 2-12 years**

\$45 for the course + workbook



**Unable to keep your appointment?  
Please give the office  
24 hours notice - phone 3795645**

**WE ARE HERE**



# Support Group

## STEPARENT SUPPORT GROUP



meets monthly 7.30 - 9pm  
at Home & Family, ph 379 5645

**First meeting 2008 -  
Wednesday, February 13  
"Stepparent Realities"**

Facilitators:

**Don Rowlands** M.A., M Ed, MNZAC, Family Counsellor  
**Wendy Duder** Dip ECE Reg. CAT, Parent Educator

# Caring fathers

**...fostering  
positive  
fatherhood**

One-to-one appointments with Don Rowlands (Family counsellor)

