

After-school Wellbeing and Resilience Programme for 10-13 year olds

[Enrolments for term 3 open now!](#)

A Wellbeing & Resilience programme - 8 x 1 hour sessions that can help young people and their parents navigate:

Stress and anxiety | Pressure and deadlines | Dealing with challenging behaviour | Accessing more confidence | Responding vs reacting | Relationships with friends, parents and others | Worrying about future uncertainty | Listening and understanding

"I found the programme incredibly beneficial, both for my students and for me personally."

- *Jordan Howie, Teacher, Rāroa Normal Intermediate*

iheart provided my daughter with a framework to understand and manage her emotions. Feelings are not so scary anymore and she approaches others with more compassion too. As a psychotherapist and a mum I thoroughly recommend this fantastic, kid friendly, informative programme. I'll be sending all my kids along!

- *Lucie, Psychotherapist and Mum, Khandallah*

Parents welcome (and encouraged) to attend.

Term 3 programme:

Wednesdays 4pm - 5pm, Khandallah Town Hall

For: 10-13 year old students

Start date: Wednesday 28th July (Week 1)

Time: 4pm - 5pm

Venue: Khandallah Town Hall

Cost: \$199

To enrol, email iheartngaio@gmail.com or complete our enrolment form here: <https://bit.ly/34lc7zd>

Julie Cederman and Megan Martin, Certified iheart Facilitators