

HOW DO I APPLY?

Visit **www.kiwifamilytrust/register-now** for an enrolment form, including a printable version. * You can also get your support worker to help complete and submit your application package, with:

- all supporting documentation
 - \$240 non-refundable fee
- www.kiwifamilytrust.org/apply

**Note: If you struggle with reading and writing skills, talk to us so we can help you feel more comfortable with the programme format. If you are vision impaired or have a disability that might compromise your ability to comfortably complete the course/programme - talk with us to see what we can do to support you.*
barb@kiwifamilytrust.org

POST COURSE OPPORTUNITIES,OUTCOMES

Employment opportunities



Access to an exclusive support group online



Completion certificate



6 free mentoring sessions after completion of a course/programme

COME AND LEARN - WHY YOU THINK - FEEL & ACT THE WAY YOU DO

Positive thinking by itself does not achieve worthwhile and lasting changes, but by thinking the 'thought' and then by taking the right steps or action, you can achieve great success in all areas of your life.

Register Today:

www.kiwifamilytrust/register-now



Providing training and educational programmes to promote the health and welfare of children, youth, young adults and family/whanau throughout New Zealand.

**Family/Whanau
& Caregivers**



**The Journey
Begins With You**

*SERVICES WE PROVIDE FOR
FAMILY/WHANAU &
CAREGIVERS*



Kiwi Family Trust

*"Tina Kina Tika Whanau O Aotearoa"
"Helping People to Help Themselves"*

0508 54 3375

ABOUT US

*Mind Matters gives you **straightforward, career-focused and practical life skills** from a holistic and empathetic mindset, until your completion and beyond.*

- *We offer **in-depth training programmes** that combine practical experience with a life skills learning foundation for developing your career and finding your passion.*
- *Our **900+ participants** help ensure that you will have a number of networking and experiential learning opportunities.*
- *We are located at :*

*Phillipstown Community Hub,
Room 3, 39 Nursery Road, Phillipstown,
Christchurch 8011 for **a great learning experience.***

0508 54 3375

- Have you been struggling with consistent motivation and getting organised mentally and emotionally in life?
- Do you want to know what your communication style is and how others communication can affect how you feel? Would you benefit from learning how to communicate with all people in your family confidently?
- Would you like more support in helping you to identify what's holding you back from achieving your goals and having a positive team of support to help you as you move forward?



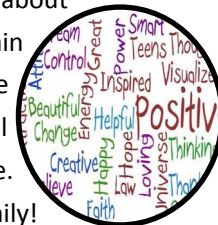
Over the 3 day programme we cover many skills that will help you to feel more confident. Say goodbye to guilt and shame and discover that you're worth 'it'. Learn to value yourself once more.

Empowering Positive Change

3 DAY PROGRAMME - come learn about everything from how your brain functions to how you communicate and how to make changes that will help you to move forward in your life.

Bring your partner, bring your family!

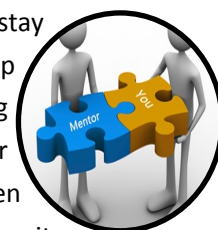
This programme is a great way to strengthen your relationships.



Mentoring

Learn how to get organised and stay focused using new skills that will help you prioritise tasks whilst navigating life in the fast lane. We also offer family mentoring to help strengthen the whole family—how ever you define it.

This can be delivered online over zoom or in person.



Parents/caregivers - 8 modules

Learn how to achieve a balance with parenting/personal. Learn what your triggers are, and how to manage them as you navigate parenting & caring for your family/whanau. Learn about yourself and how to become the best version of yourself whilst caring for others.

