

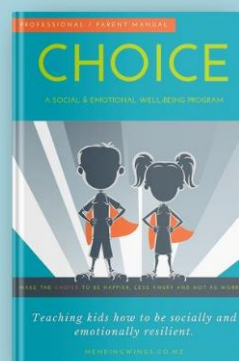
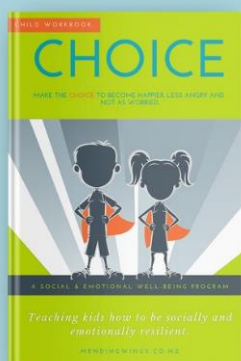
CHOICE is a Social & Emotional Wellbeing program for Kids aged 7 to 12 years

CHOICE is an evidenced-based Cognitive Behaviour Theory and Acceptance Commitment Theory program with a focus on building social and emotional resilience by teaching clear, practical and evidenced-based skills and strategies.

Parents and whanau are empowered to play an integral part in supporting their child learn, use and maintain these skills and strategies. Full scholarships are being offered by Anxiety New Zealand Trust to join courses starting in August 2020.

Details:

- ✓ CHOICE is a holistic program that encourages whānau participation.
- ✓ Children can utilise the skills developed throughout their childhood and into adulthood.
- ✓ Designed for children in Years 1- 8. **Starts in Term 3 (first week of August).**
- ✓ Held over 8 x one hour sessions either over eight weeks or condensed over 2 – 4 days.
- ✓ There are a limited number of scholarships valued at \$600 available – all places available are under a scholarship program provided by Anxiety NZ Trust. Caregivers are asked to purchase the \$63 Family Kit for the program.
- ✓ Held at: Anxiety NZ at 77 Morningside Drive, Mount Albert, Auckland.
- ✓ Email Anxiety NZ on reception@anxiety.org.nz or call 09 846 9776 for an application form.





Further Information

Mending Wings programs are produced for our multicultural New Zealand society, while, at the same time acknowledging the principles of the Treaty of Waitangi, the bicultural foundations of Aotearoa. Tikanga Māori is valued and promoted.

The Choice program incorporates aspects of te ao Māori and is an evidenced-informed program grounded in • Cognitive Behaviour Theory • Acceptance Commitment Theory, • Social and Emotional Learning Theory • Te Whare Tapa Whā.

Anxiety New Zealand Trust

Is a specialist charity providing education, support and treatment for children, young people, adults, older people and their families to support their mental health and wellbeing. Over 40 years Anxiety NZ has helped hundreds of thousands of New Zealanders and built strong networks and trusted relationships throughout our community. If would like to receive more information and apply for your child to join this program, please email us at reception@anxiety.org.nz or call 09 846 9776

The funding for training our Facilitators in the CHOICE Program was generously supported by Kerr Taylor Foundation. Thank you Kerr Taylor Foundation for helping make this program available to the community.

