

WALKING TALL

A nine-week group programme for women who seek tools and skills to navigate life's journey

Topics include:

- Identifying your needs
- Taking care of you
- Assertion skills
- Healthy boundaries
- Coping with stress
- Managing strong feelings
- Clarifying your future

Participants will be:

- Women with children
- Able to commit to the full nine-week course
- Referred by a health professional (referral/application form attached)
- Able to manage a group context
- Living in the Bay of Plenty region
- Have limited financial resources

Where and When:

- School terms of nine-weeks
- A weekday for 2 hours
- Four nine-week groups will be run in 2011
- A variety of locations including Welcome Bay and Papamoa

Fees

This is a fully funded programme. No participant fees are required.

Children

Participants must arrange their own child care. However, babies or non-mobile children are welcome.

Numbers are limited. Two qualified and experienced women facilitators.

Tea, coffee, and all materials provided.

Wheelchair access.

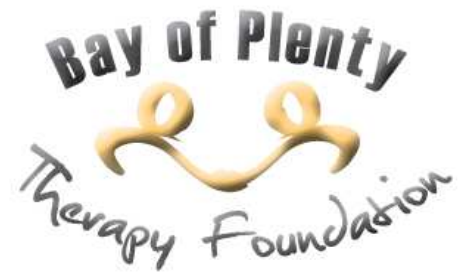
For more details, contact:

Janice Giles, PO Box 70156, Fraser Cove, Tauranga 3115.

Email- janicegiles@ihug.co.nz

Phone- (07) 5789054

Or: www.boptherapyfoundation.co.nz



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Bay of Plenty Therapy Foundation offers two groups in the second school term, 2011.

Venue One

Welcome Bay Plunket Rooms

Behind Welcome Bay hall at the shopping Centre in Welcome Bay Road.

Commences 9 August, 2011

Final session 4th October, 2011

1pm until 3pm Tuesdays for 9 weeks.

Afternoon tea and all materials provided.

The group will not accept new participants after the second session.

Venue Two

Hillier Centre (Family Works)

31 Gloucester Road, Mt Maunganui
(Near Bayfair)
Kotuku Room

Commences 10th August, 2011

Final session 5th October, 2011

9.30am until 11.30am Wednesdays for 9 weeks.

Morning tea and all materials provided.

The group will not accept new participants after the second session.

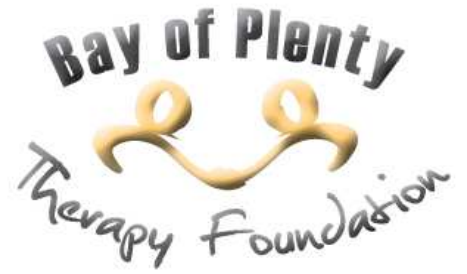
Enquiries:

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WALKING TALL

Application Form

Name:

Address:

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Phone:

Email:

Date of Birth:

Hapu/Iwi:

Children (boys/girls and ages):

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Referred by:

(Health professional eg: GP, Nurse, Counsellor/Therapist, Social Worker)

Reason for referral:

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Spaces are limited, so participants must be willing to commit to the full nine-week programme.

Referee

Applicant

Signature:

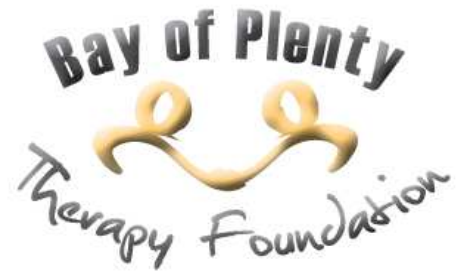
Signature:

Date:

Date:

Please post to: Janice Giles, PO Box 70156, Fraser Cove, Tauranga 3115
Or complete electronically, or scan and email to: janicegiles@ihug.co.nz

WALKING TALL - More details



Target participant group

Women with dependent children who are not employed outside the home. They may be socially isolated, lack emotional skills, struggle with relationships, have experienced trauma or loss, or have other complex needs. Nursing babies may come with their mothers. Unfortunately, mobile babies and toddlers are too disruptive and attendees would need to organise childcare for preschoolers.

This is not a parenting group or domestic violence support group, although those needs may be identified during the programme and referrals will be made to appropriate programmes. Participants may be in therapy or have attended therapy/counselling and need to take the next step, or counselling may be identified as something they might do in the future.

Referral criteria

As above, with some **exclusions**.

Because group safety and group-readiness must be considered, this is not a group for participants:

- who are actively abusing substances or alcohol
- who have an unmanaged psychiatric condition
- who have a personality disorder that may interfere with group process
- who have serious cognitive development delays

Because group numbers are limited, it is anticipated that participants will be willing and able to attend to most sessions.

Referral sources and process

A referral letter would usually be required.

The potential participant would be contacted from the referral.

Sources could be therapists/counsellors, GPs, Social Workers, and community agencies.

It would be preferable not to have current clients of the facilitators in the group.