



A group programme by C.A.R.E. Waitakere Trust

This is a six week programme designed to support girls aged between 11-17 years who are struggling with anger and other feelings.

Programme Aims:

Building a sense of strong identity
Knowing who I am through connection
Developing stronger connections
Discovering strengths and abilities
Developing resilience to cope well with life's difficulties
Helping develop direction and a sense of hope for the future

Topics Covered:

Identity-Who am I?
Feelings and Change
Grief and loss
Friendships & Relationships
Choices, Dilemmas & Boundaries
Vision, Faith, Goals

For bookings and more information contact Cathy

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