



Recharge



Connect



Learn



Professional Development Day Retreat

at Houchen Retreat Centre, Hamilton

ESPECIALLY FOR

THOSE IN EDUCATION:

Tuesday April 26th 9am – 4.30pm

*Engaging and working with children and parents with trauma histories:
enhancing professional practice through better self care.*

with Emma Lonsdale, Clinical Psychologist and Laura Conlon, Clinical Social Worker.

Ever felt worn out when supporting challenging children and families? Ever felt drained by the feeling that 'nothing is working' with some kids?

From many years working in Mental Health and Child Protection, we understand the value of teachers in supporting vulnerable children and how hard your roles can be. We invite you to spend the day with us, taking some time to recharge, connect and learn.

The Day Retreat is an opportunity to understand the significance of trauma in brain development and behaviour. We will introduce you to some valuable approaches to this difficult area of work.

Alongside that, we will look at self-care and self-regulation and the value of self-regulation as a tool to working with children and families.

Overall we hope this will prove to a valuable and enjoyable day which will leave you feeling more confident in looking after yourself as well as others! Enjoy a wonderful ambiance and delicious food.

Secure
your retreat
spot!

Purchase your
retreat spot today!

Earlybird discount price: \$135⁺GST
(purchase before 31st March 2016)

Full price: \$165⁺GST
(after 31st March 2016)

Contact laura@familyfutures.co.nz
or phone: 0279 225 693 to book/ request
an invoice or other enquires.

Refer to our website for programme details



waikato
familyfutures

166 Shakespeare Street, Leamington, Cambridge
www.familyfutures.co.nz

Emotional wellbeing for families and children of all ages