

**Free New
Programme
for Migrants**



Family Well-being Programme for Migrants

“Well-Being”

Programmes:

- 24 Mar: Managing your stress in your daily life in a new country
“It is important to know how to organise your life in a place you don’t know well”
- 31 Mar: Tea Time!
“Catching up with the previous week, Sharing own experiences, & Expanding your own network”
(No programme during the school holiday)
- 21 April: Challenges and celebration in living in new country as a migrant
“Keep your motivation and hope alive!!”
- 28 April: Tea Time!

Venue and Schedule

Waikato Ethnic Family Services Trust
2D, Caro Street Community Building
Tuesday from 10:00 to 11:30

No Admission Fee

Please see our website for details: <http://dcnz.net/familywellbeing>
Email to contact@dcnz.net for any questions