



Family Well-being Programme for Migrants

Easy-to-do Exercise
for your Well-Being
in each session

Programmes in June 2015:

02 June: How to become a calm and confident job seeker
Guest speaker: Susan Wright (English Language Partners Waikato)

09 June: Tea Time!

Catching up with the previous week, Sharing own experiences, &
Expanding your own network.

16 June: Developing supportive network

Guest speaker: Petronilla Mazai (Social Worker)

23 June: Tea Time!

30 June: Tea Time!

Venue and Schedule

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

Cost Free

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

