



# Family Well-being Programme for Migrants in 2016

*Family Well-being Programme  
for Migrants*

Venue: Waikato Migrant Resource Centre  
46G Boundary Road, Hamilton  
Time: 10:00am to 11:30  
Cost: Free

- Tuesday, 02 August: **How to support and help our children**  
Guest speaker: **Petronilla Mazai** (Social worker, Parentline)
- Tuesday, 09 August: **Healthy lifestyle for your family**  
~How to protect children and youth from alcohol and drug use~  
Guest speaker: **Adrienna Ember**  
(AOD Counsellor, Salvation Army, DCNZ)
- Tuesday, 30 August: **Everyday Mindfulness 1 – What is mindfulness, practices**  
Facilitator: **Vanisri Mills** (Counsellor, DCNZ)
- Tuesday, 13 Sep: **Everyday Mindfulness 2 – The practice of mindfulness**  
Facilitator: **Kaoru Tsukigi** (Counsellor, DCNZ)

**And more programmes are coming!**

Please visit our website <http://dcnz.net/tag/family-well-being/>  
Contact Kaoru (kaoru.tsukigi@dcnz.net) for the further information