

A Rolleston Learning Community Initiative
Ngā Peka o Tauwharekākaho

Resilience & Wellbeing

If you've ever wondered what the words "resilience" and "wellbeing" really mean, and how you can help yourself, your family and community be more resilient, then this evening is for you.

What you'll learn

_An understanding of what resilience and wellbeing actually are

_Simple, easy to understand and put into practice ways of supporting your own wellbeing

_Simple, easy to understand and practice ways for parents to support their families to be more resilient

_Ways of thinking and acting that have been shown to reduce depression, stress and anxiety and boost happiness, confidence and hope



Presented by

Lucy Hone

18 | October 7PM
Rolleston College Auditorium

This is a free event funded by the schools in our Kāhui Ako - All welcome.

Tickets available from Kāhui Ako schools (see right)

Limited seating of 500

This event is not suitable for children to attend.



West Melton
SCHOOL
Te Kura o Papatahara



Clearview Primary



Kingslea School

Rolleston
Christian School

