

between mother and child

course registration

To enrol or for confidential information

Phone 09-360 4933

Fax 09-360 4934

Email icwg@xtra.co.nz

www.innercitywomensgroup.org.nz

Course begins _____

Time _____

Facilitators _____

Venue _____



Inner City Women's Group
PO Box 78-059, Grey Lynn, Auckland
Phone 09-360 4933
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new solutions to old problems



About Inner City Women's Group

Our women facilitators are trained and experienced in working with issues that affect women's lives.

Our aims are to:

- educate and empower women
- to break cycles of abuse
- to offer expertise in counselling and skills training.

Inner City Women's Group was established in 1988 to support women experiencing family violence, initially running Breaking the Cycle. Since then we have responded to women's requests and provided a wider range of programmes.

| | |
|---|--------------------------|
| 1 | Breaking the Cycle |
| 2 | Irate Women and Anger |
| 3 | Between Mother and Child |
| 4 | Reclaiming Myself |

Inner City Women's Group works across the Auckland region including Auckland City, Manukau East and Waitakere City. Our courses have been approved by the Ministry of Justice and Child, Youth & Family. We are a member of the National Network of Stopping Violence Services, the Auckland Coalition for the Safety of Women & Children, SAFTINET, SAFVFN, MECOSS, FVIP & WAVES.

*Freedom from abuse
and violence*

Purpose of the Programme

Becoming a mother is one of the most challenging jobs anyone can have. We are expected to be experts in dealing with the inevitable problems that come up in all mother and child relationships and do it without any training.

The purpose of this course is to bring understanding to what is happening between you and your child and to learn new ways of functioning as a mother. You will learn skills to establish and maintain a warm effective relationship with your child.

Programme Content

Topics covered in the courses include:

- What is a good enough mother?
- Past to present – what you learn about parenting
- Anger!
- Respectful parenting
- Looking at children's behaviour, ages & stages – why children behave the way they do
- Tips and tools
- Effects of domestic violence/effects of separation
- Moving forward-where to from here?

The Outcomes

You will feel more confident and successful as a parent which will bring about a more enjoyable relationship with your child.

Who Attends

- Mothers of children of all age groups.
- Mothers who have had abusive partners.
- Women are welcome from all walks of life, ages, cultures and backgrounds.
- Women who have attended other Inner City Women's Group courses.
- Women who want to discover more about parenting.

Between Mother and Child

Duration Eight weeks

Times Daytime course

Numbers Maximum of 15 women

Venue Details on application

Cost by donation \$80 waged women
\$40 unwaged women

We recognise women have differing financial circumstances so if necessary, donate according to your means.

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