



Be Kind to Your Mind with Julia Grace

Julia Grace will present two interactive and highly engaging sessions, focussing on Wellbeing for Educators, Kaiako and other adults who work with ECE age children. Using her unique blend of Story, Science and Song, she will take you on a journey of honesty and self-reflection, and leave you with a topped-up toolbox of practical mental health tools and resources.

Session 1: Grabable Words: Wellbeing at work and home, better Mental Health language and realistic Self-Care that works for you!

Session 2: The Wobbly Point: Supporting ourselves, parents and youngsters dealing with Dysregulation, Developing Resilience in a positive way.

3RD OF AUGUST 2024 | LAIDLAW COLLEGE, 3 SMYTHE ROAD, HENDERSON,
AUCKLAND (NEW LOCATION)

10TH OF AUGUST 2024 | CROSSROADS CHURCH, 220 CHURCH STREET,
PALMERSTON NORTH

31ST OF AUGUST 2024 | MATAURA CHRISTIAN CHURCH, 93 MAIN STREET
MATAURA

9AM-2PM | MORNING TEA AND LUNCH PROVIDED

CECEAA Member Centres | \$50 per person

Non-members | \$80 per person

Join us for a day of fellowship, food and connection. The day will be valuable to anyone interested in supporting their own wellbeing and that of children and families.

Julia will have some books for sale and there will be other trade stalls available.

Please register 1 week before the date of the event



REGISTER NOW

