

Skylight's "Coping Over the Holidays" Series 2018

The holidays can be an especially difficult time for some, so Skylight is offering two sessions of "Coping Over the Holidays" themed community workshops to help you navigate the pressures and challenges that the holidays can bring.



Session 1: Managing Anger Over the Holidays

Session 2: Coping with Grief and Loss Over the Holidays

See below for more details.

Session 1: Managing Anger Over the Holidays

Date: Monday, 26 November 2018

Time: 5:30pm – 7:30pm (2 hours)

Location: Skylight Trust - Level 3, 5-7 Vivian Street, Wellington

Cost: \$35.00

“Managing Anger Over the Holidays” is a workshop designed to help uncover tools and coping strategies to manage stress and anger, resulting in safe and respectful interpersonal and whanau relationships. These include distress tolerance and interpersonal skills, emotional regulation tools and mindfulness.

This workshop is presented by Brendan Henehan.

Brendan is a counsellor and facilitator who specialises in the fields of family violence and interpersonal relationships. Over the past 12 years he has helped people explore emotional, cognitive and behavioural responses to trauma and stress. He is currently accredited to deliver individual and group non-violence program services, has a Bachelor of Counselling, and holds provisional membership of the New Zealand Association of Counsellors.

At the end of this workshop, participants will have a better understanding of:

- Where anger and stress come from
- Anger symptoms and how to recognise them
- Healthy vs. unhealthy anger
- Tips and techniques for managing your anger over the holiday period

Who should attend?

This workshop is for anyone who would like to learn more about managing their emotions in stressful situations, and who is looking for coping strategies to see them through especially difficult times, such as holidays, family gatherings, and other special occasions.

To register, please fill in the registration form below and send to pd@skylight.org.nz or call 0800 939 6767.

Session 2: Coping with Grief and Loss During the Holidays

Date: Wednesday, 28 November 2018

Time: 5:30pm – 7:00pm (1.5 hours)

Location: Skylight Trust - Level 3, 5-7 Vivian Street, Wellington

Cost: \$25.00

For anyone who has experienced the loss of a loved one, the holidays can be an especially difficult time. **“Coping with Grief and Loss During the Holidays”** is a workshop designed to help those who are grieving to better understand their grief and learn practical strategies to help them manage through the festive season.

This workshop is presented by Jackie Calder.

Jackie is a full member of NZAC and has been practising counselling for over fifteen years. She has experience working with adults, teens, children and families.

Jackie has experience in working with trauma, loss and grief, focusing her time on supporting children and their families. Jackie is currently working as a guidance counsellor in a school setting and as a contract counsellor for Skylight.

At the end of this workshop, participants will have a better understanding of:

- Basic grief awareness and how it can affect you
- Varying grief responses across different people
- Practical skills and strategies to help manage grief and loss over the holiday period

Who should attend?

This workshop is for anyone who has experienced the loss of a loved one, and who is looking for coping strategies to see them through especially difficult times, such as holidays, family gatherings, and other special occasions.

To register, please fill in the registration form below and send to pd@skylight.org.nz or call 0800 939 6767.

Skylight “Coping with the Holidays” Series 2018 Registration Form

Attendee Information	
Full Name:	
Job Title:	
Email:	
Phone No:	Mobile:
Invoice to: <i>(Registration confirmed once payment received)</i>	
Organisation:	
Email:	
Address/PO Box:	
City:	Postcode:
Phone No:	Mobile:

Workshops – Registration essential

Tick your preference “✓”

26 November 2018	Managing Anger Over the Holidays 2 hour evening session	Wellington 5:30pm – 7:00pm	\$35.00	
28 November 2018	Coping with Grief and Loss During the Holidays 1.5 hour evening session	Wellington 5:30pm – 7:30pm	\$25.00	

Payment options: Tick box

Online banking: 06-0501-0788246-26 reference PD, date of workshop and your surname
e.g. PD 14 April Baxter

Invoice
 Purchase Order Number:

Tick the box if you would like to receive updates regarding Skylight’s other professional development workshops

Email to pd@skylight.org.nz or post to: Skylight, PO Box 7309, Newtown, Wellington 6242

Note: Refunds will not be issued. If cancellation is received within 7 days of the workshop, a credit will be issued LESS catering fees and a 25% administration fee.