

Incredible Years



Effective, Positive Parenting

The Incredible Years course is full of practical step-by-step suggestions to help you to manage everyday parenting situations, and to make family life more fun and enjoyable.

The course at St Peters House is for parents or caregivers of children aged 3 to 6 years. Courses run twice per year in Feb to June and Aug to Nov for 14 weeks, with no sessions in the school holidays.

Through the Incredible Years parenting programme you will learn how to:

- encourage positive behaviour
- address challenging behaviour
- help your child develop emotional control and social skills
- improve school readiness
- build healthy relationships with your children/tamariki.

Incredible Years is a group programme where you will learn alongside and from other parents. The skills developed build upon each other so regular attendance is required.



Courses start in Terms 1 & 3, and run for 14 weeks.
Wednesday from 9.30am to 12.15pm.
Course is FREE, includes morning tea.

Boundaries



This course provides a safe space for participants to learn how boundaries help us to have a healthier and more balanced lifestyle with better relationships. It identifies those things that limit our efforts to set healthy boundaries and stick to

This 8 session course provides participants with:

- A greater understanding of how to build, or rebuild, relationships based on healthy boundaries.
- An appreciation of the motives that cause people to become 'people-pleasers' and how to address the internal and external resistances to setting healthy boundaries.
- Skills to become 'lovingly direct' in relationships.
- An understanding of the importance forgiveness plays in emotional well-being and the difference between being a forgiving person and allowing people to continue hurting you.
- The ability to recognise clear boundaries others have set, and when we may have crossed these.

Boundaries is for women only.
Courses run for 8 weeks in Terms 2 & 4.
Friday from 9.30am to 12.15pm.
Course cost \$10, includes morning tea.

Counselling

Our registered counsellors use a person centered approach to work through challenges such as depression, anxiety, grief and loss, stress, anger, family violence, and relationship and parenting difficulties.

There is no charge for the first 6 counselling sessions. An income related fee applies for any extra sessions.

To request individual or couple counselling, apply through our website and we will contact you when a suitable space becomes available.

About Us

St Peters House is a community agency located in central Tauranga, operated by a charitable Trust.

We are here to support anyone in our community, but particularly for those who could not afford to get help elsewhere. We accept self referrals and referrals from other agencies.

Our services are short to medium term, but we know they have lasting impacts on our clients and their whānau. Our focus is providing tools and skills that clients can continue to use to strengthen themselves and increase control of their life.

Our Vision: People achieving wholeness, as defined by the principles of Te Whare Tapa Whā.

Our Mission: To make a positive difference to individuals, couples and families facing life challenges.

Our Values: To seek justice, love mercy and to walk humbly with our God (Micah 6:8) as we work with our clients and others.

Contact Us

Phone: 07 571 5916
Email: info@stpetershouse.co.nz
Web: www.stpetershouse.co.nz
Address: 136 Spring Street, Tauranga
Hours: 9am-3pm Tuesday - Friday



ST PETERS HOUSE

People Achieving Wholeness

Haere Mai Welcome



www.stpetershouse.co.nz

Your True Worth



A safe, empowering course that provides participants the opportunity to consider the way they see themselves and the impact on their self-worth. Topics include values, the effects of positive and negative thinking, grief, forgiveness, and much more.

Over 8 weeks participants will:

- Explore how their self-worth has been impacted and how internal messages can be addressed.
- Take a closer look at their own strengths, abilities and resources.
- Be encouraged to consider how to appreciate their own worth including from a spiritual perspective.
- Gain an understanding of grief and loss and how it can impact us.
- Explore the process of forgiveness.
- Learn how to take responsibility for themselves, using the resources available both within and around them.
- Positively affirm who they are and acknowledge their value.

Your True Worth is for women only.
Courses run for 8 weeks in Terms 1 & 3.
Friday from 9.30am to 12.15pm.
Course cost \$10, includes morning tea.

Tools for Life



Money impacts all areas of our lives: what we can or can't afford, our relationships, what we eat, our health and well-being, and much more. On this free Tools for Life course you will gain practical skills to help you take control of situations that affect your wellbeing.

Topics on this course include:

- **Money** - budgeting skills, savings tips
- **Organisation** - meal planning, shopping to a list, time management
- **Health and Wellbeing** - healthy eating and living, positive wellbeing, self-worth
- **Relationships** - building healthy relationships, communication, forgiveness, loving others

The Tools for Life group is a community of mutually supportive people who you will learn and grow with.

You will be provided with practical support to ensure you get the most out of the course.

Tools for Life is open to anyone.
Courses run for 8 weeks in Terms 2 & 4.
Thursday from 9.30am to 12.00pm.
Course is FREE, includes morning tea.

Spaces on our popular courses are limited and enrollment is essential.
For more information and to register your interest to attend visit our website www.stpetershouse.co.nz