

4711 Kids Club

If you want to find out more about 4711 Kids Club, please contact Jill Renata or Tracey Towns at Supporting Families Wairarapa on 06 377 3081



LIKE MINDS, LIKE MINE
Whakaitia te Whakawhiu i te Tangata

SUPPORTING FAMILIES WAIRARAPA

Pathways to Wellbeing Nga Ara Oranga

Promoting Wellbeing by:

- Providing information on mental health and disability
- Supporting people with disability into employment and further education
- Supporting families/whanau with mental health information and advocacy and ongoing support
- Reducing stigma around mental illness and disability through education and promotion

SERVICE HOURS

Vocational Services: Monday to Wednesday
9.00am to 5.00pm

Family/Whanau and Like Minds Services:
Monday to Friday
9.00am to 5.00pm

Resource and Information Centre
Monday to Friday 10.00am to 3.00pm

FOR MORE INFORMATION PLEASE CONTACT US AT:
323 QUEEN STREET (OPPOSITE TRANZIT)
PO BOX 2110 MASTERTON
PHONE: (06) 377 3081 FAX: (06) 377 5263
EMAIL: admin@sfwai.org.nz



Supporting Families Wairarapa
Awahi Whanau O Wairarapa

Pathways to Wellbeing Nga Ara Oranga

CHILDREN'S SUPPORT PROGRAM

4711



KIDS CLUB

A 7 week program for 7 to 11 year olds who have a parent, family/whanau member who experiences mental health and or addiction issues

4711 Kids Club

The programme supports the development of **SKILLS AND STRATEGIES** to cope with and understand mental illness and/or addiction issues with the provision of

- A fun safe environment with plenty of activities
- Qualified and skilled group facilitators
- Pick up and drop off available
- Afternoon tea provided
- From 3.30 to 5.30 pm

Aimed at primary school aged children this programme is effective in helping children come to terms with a family/whanau member with mental health and/or addiction issues by sharing experiences and increasing understanding in a no blame environment.

Key Concepts include:

Children will:

- **Add to pre-existing knowledge of mental illness and addiction**
- **Know that they are not alone**
- **Have opportunities to discuss feelings**
- **Develop coping skills to deal with stressful events**
- **Be able to share concerns**
- **Explore myths about mental illness**
- **Have access to on going support by a family/whanau support worker**



Safety

The program is run by facilitators who are trained in and understand mental illness and addiction issues. If anything is disclosed of a personal nature which is difficult or painful or concerns safety they will listen, support and get the right help in place to resolve the situation.

The group is closed after the first session so that the group members can be open with one another without worrying about the fear of new children coming in on discussions.

