



The Wilson Home Trust

For Children with Physical Disabilities

www.wilsonhometruster.org.nz

COME JOIN US FOR A TWO HOUR MINDFULNESS SESSION

We are offering subsidized two-hour Mindfulness Sessions for Parents, Grandparents & Caregivers in three different Auckland locations, with two different instructors. These two hour sessions provide tips and tools to help you manage the everyday challenges of life and help improve your wellbeing. for our families.

Sue Dykes



Sue is a highly experienced Clinical Psychologist, Mindfulness teacher, and Mother of two grown up children.

Cheryl Farthing



Cheryl is a coach, meditation teacher and also the mother of a special needs child.

Nathan Homestead 70 Hill Road Manurewa	
Evening Class: With Sue Dykes Date: Tuesday- March 3 rd 2020 Time: 6.00pm – 8.00pm	Afternoon Class: With Sue Dykes Tuesday 10 th March 2020 Time: 12.15pm – 2.15pm
The Wilson Home Trust Chapel 1 St Leonard Road, Hauraki, 0622	
Afternoon Class: With Cheryl Farthing Date: Saturday 14 March Time: 12.30 pm – 2.30pm	
Evening Class: With Sue Dykes Date: Wednesday 18 th March 2020 Time: 6.00pm – 8.00pm	Afternoon Class: With Sue Dykes Date: Tuesday 24 th March 2020 Time: 12.00pm -2.00pm
Sturges West Community 68 Summerland drive, Henderson	
Afternoon Class: With Sue Dykes Date: Saturday 21 st March 2020 Time: 12.15pm – 2.15pm	

Registration Fee of **\$5 non-refundable** per person per session.

No payments accepted on the day.

To request a registration form or for more information, please call Felicity on 09 485 3461 or email felicityhendricks@wilsonhometruster.org.nz