

WISE-UP

COMMUNITY GROUP



NEW
LOOK

WISE-UP has recently been redeveloped to best meet the needs of children with low to mid-level anxiety or who need to manage difficult emotions.

WISE-UP is a 10 session life skills programme for 8 –10 year olds. It supports children to recognise feelings and emotions, and explore new and different ways of dealing with these. Children also learn about themselves, what makes them special as well as building confidence while focusing on personal strengths. Workshops will also be offered to support and inform caregivers of the children attending the programme.

WISE-UP is a children's life skills group programme to:

- > Build confidence
- > Cope with worries
- > Build self-esteem
- > Develop social skills
- > Manage emotions
- > Keep safe

Runs **EVERY TERM** within the greater Christchurch area from 3.45pm – 4.45pm, afternoon tea will be provided from 3.15pm – 3.45pm.

Cost: We ask for a small contribution. Please discuss this with our Wise-Up coordinator.

Programme aims:

- > Build children's **SELF-ESTEEM** and **CONFIDENCE**
- > Help children to see their strengths and find what makes them **HAPPY**
- > Assist children in discovering more about themselves and the importance of being unique
- > Provide children with strategies to cope when they are **FEELING ANXIOUS** and worried
- > Equip children with new tools to **MANAGE HARD EMOTIONS** such as stress, frustration and anger
- > Help children identify their own and other people's emotions

Participants need to be:

- > Aged between 8 –10 years old
- > Able to self-manage in a group environment*
- > Have parents that are willing to be involved in the Parent Workshops
- > Have low - mid level of anxiety or need to manage difficult emotions

*Please note that **WISE-UP** doesn't meet the long term needs of children with ADHD or children with challenging behavioral issues.

KEY CHANGES TO WISE-UP:

- > Programme will run for 8 weeks and have an additional 2 follow up sessions the next term
- > The key facilitator will do home visits with caregivers of all children participating in the programme
- > There will be two parent workshops for caregivers throughout the programme
- > Caregivers are invited to week 8 of the children's programme to celebrate the presentation of certificates

Our facilitators come from a variety of backgrounds including social work, psychology and teaching. All our facilitators have prior experience of working with children aged 8–10 and are accountable through professional supervision.



For information and enrolment or to make a referral please contact:

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www.mmsi.org.nz

www.facebook.com/WiseUpCHCH



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