



# Talking About...

Professional Development Workshop Series 2015

## Skylight's Wellington evening series

The **Talking About...** evening series of workshops provides professional development for those working in environments where they are supporting children, young people and families through challenging life events and crises.

For each workshop, the **focus will be on working with/caring for children, young people, families** and:

- Interactivity
- Tips to recognise/identify signs
- Strategies for dealing with each issue

**This series will be of particular value to:**

- Caregivers
- School staff
- Psychologists
- Family support workers
- Counsellors
- Social workers
- Health professionals
- Community support workers

**Facilitators: Margaret Alve** Margaret is a counsellor and has a Post Grad Certificate in Health Science and a Certificate in Supervision from WelTec. Her learning and experience has been in the areas of loss, palliative care, bereavement, transitions, spirituality and ethics. Margaret works part time for the Cancer Society, is on the faculty of Skylight, is a coordinator for the bereaved by suicide WAVES programme and volunteers as a co-facilitator for Heartsong, a bereaved parents support group. Margaret has a private practice in Wellington.



**Serena Stace** (MNZAC) is the Skylight Counselling Team Leader. Serena uses a combined approach of art therapy, counselling skills, and play therapy in her work with children, young people and families. Serena also uses practical tools and evidence-based skill building practices that help stop bullying and build good coping strategies and resilience.



Wednesday 29 <sup>th</sup> April	How to deal with angry people
Wednesday 3 <sup>rd</sup> June	How to deal with bullying behaviours
Wednesday 26 <sup>th</sup> August	Compassion Fatigue
Wednesday 23 <sup>rd</sup> September	Anger & bullying <i>with Serena Stace</i>
Wednesday 28 <sup>th</sup> October	How to deal with feelings of shame, guilt and regret

**Venue and Time:** Skylight, 2A Green Street, Newtown, Wellington (6.30pm - 8.30pm)

**Cost and Registration:** \$60 per workshop. Includes handouts.

15% discount available for participants who register for 3 or more workshops at one time

**Register Online** otherwise go to: <https://skylight.ismartsoftware.net/iRegister/Courses>

Call **0800 299 100** for further information