



PROGRAMME INFORMATION

華語社交組 Chinese Social Group

Want to socialise and be part of the community e.g. make Chinese food, watch Chinese movies, visit cafes play badminton & ping pong ? This is a safe environment for you to meet others with a similar cultural background. Facilitators, Jade & Andrea, speak fluent Cantonese & Mandarin.

5 Ways to Wellbeing

Explore simple and easy ways of boosting and maintaining your wellbeing. Each week you will meet as a group to explore one of the 5 ways -



& then you will also meet one of the facilitators for an individual session where you can focus more on what wellbeing means to you and how you can build it into your everyday life. The 5 Ways to Wellbeing is promoted by The Mental Health Foundation as a way to help people stay mentally well.

Badminton

Looking for a fun way of keeping fit and active during winter? Yes?? Come along to the badminton group and improve your fitness, while meeting some new people, learning something new and benefiting from an endorphin kick.

Mindfulness & Stress Management

Are you too busy worrying about things & you've missed out on what is happening right here & now? Mindfulness is the ability to be fully present, aware of where we are & what we're doing without being too overwhelmed by what's going on around us. You can reduce stress and anxiety and connect with your senses & your environment.

REGISTRATION PROCESS

To attend groups please register by completing our referral form and returning it to us with all required documents.

Once registered you will be contacted for an induction meeting so you can find out more about our service and enrol in the programme/s which best suit your goals.

If you've already registered with us then please talk to one of our facilitators about the groups you'd like to attend.

We're always open to suggestions for groups. Please speak to one of our programme facilitator with your ideas.

Personal Focus

How to contact Personal Focus

Physical Address	Postal Address
51 Huia Road	PO Box 22424
Otahuhu	Otahuhu
Auckland 1062	Auckland 1640

Phone: 09 815 5113
 Fax: 09 849 6864
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C JULY E AUGUST N SEPTEMBER T 2017 R A L TIMETABLE

Personal Focus

FRAMEWORK
recovery through partnership



CENTRAL TIMETABLE - JULY, AUGUST, SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Healthy Cooking</u> Mt Eden Village Centre 10am - 12pm \$3 contribution required per session</p>	<p><u>5 Ways to Wellbeing</u> 9:30am - 12pm Please phone & see the back of the flyer for more details</p>	<p><u>Mindfulness & Stress Management</u> 10 - 11am Onehunga Community Centre</p>	<p><u>Badminton</u> 1 - 2pm Badminton North Harbour Centre Pick Up: 12pm Kingsland Gull Station</p>	<p><u>Thai Kick Boxing</u> 10 - 11am Pick Up: 9:15am Kingsland Gull Station</p>
<p>NEW <u>Yoga</u> 11am-12:30pm Orewa Community Centre Pick up: 10:20am 100 Motions Road, outside TAPAC Western Springs</p>	<p>NEW <u>Learner Driver Licence</u> 10 - 11:30am Mt Albert Library</p>	<p>NEW <u>華語社交組</u> <u>Chinese Social Group</u> 1 - 3pm Pick up: 12:30 pm Three Kings Library</p>	<p>NEW</p>	<p><u>30 and Under Social Group</u> 1 - 3pm Various locations around Auckland Pick up: 12:30pm Mt Albert YMCA</p>
<p><u>Activate</u> 1 - 2pm Various locations around Auckland Pick up: 12:30pm Kingsland Gull Station</p>	<p><u>Learner Driver Licence</u> 1 - 2:30pm St Heliers Library</p>	<p>Programme locations: <u>Mt Albert YMCA</u> - 773 New North Road, Mt Albert <u>Mt Albert Library</u> - 84 St Lukes Road, Mt Albert <u>St Heliers Library</u> - 32 St Heliers Bay Road, St Heliers <u>Three Kings/Mt Roskill Library</u> — 546 Mt Albert Rd, Three Kings <u>Mt Eden Village Centre</u> — 449 Mt Eden Road, Mt Eden <u>Onehunga Community Centre</u> — 83 Church Street, Onehunga <u>Wesley Community Centre</u> — 740 Sandringham Road Extn., Mount Roskill <u>Badminton North Harbour Centre</u> — 47 Bon Crescent, Forrest Hill North Shore <u>Elite Thai Kick Boxing</u> — 60-62 Mokoia Rd Birkenhead</p>		
<p>Sorry, there are no programmes are running 3-7 July</p>	<p><u>Take Notice</u> 1 - 3pm Pick up: 12:30pm Kingsland Gull Station <i>*Photo on front taken as part of the Take Notice Group. Location: Silo Park</i></p>			