

CREAM

GROUP PROGRAMME

Do you find yourself snapping and losing control of your emotions, without understanding why?

CREAM - Conflict Resolution, Emotional Awareness & Anger Management

Discover the key to living a happier life, where you can effectively navigate daily conflicts without being overwhelmed by anger.

This course will help you to identify the triggers that cause your anger and allow you to manage your emotions to provide a more fulfilled life and create a more peaceful environment - especially around the home.

14 NOVEMBER - 12 DECEMBER

5 WEEKS

Tuesdays, 9.30am - 12 noon

Location: 336 Cashel Street, Central City, Christchurch

Numbers are limited, early enrollment is essential.

Approved MSD Service

CATHOLIC SOCIAL SERVICES

Monday - Friday

9.00 am - 5.00 pm

336 Cashel Street
PO Box 4237
City Centre, Christchurch 8140

☎ 03 379 0012

✉ css@cdoc.nz

🌐 catholicsocialservices.nz

An agency of the Catholic Diocese of Christchurch

cdoc.nz

Our practitioners are members of the professional bodies to which they are accountable.



Catholic Social Services
336 Cashel Street, PO Box 4237, Christchurch 8140

Agency Hours: Mon, Wed, Fri 9.00am - 5.00pm, Tue & Thur 9.00am - 6.30pm

Catholic Social Services works strictly within the guidelines of the Privacy Act (2020)

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Group Programmes

An Approved MSD Service

CATHOLIC SOCIAL SERVICES

catholicsocialservices.nz

Facing Your Fears

GROUP PROGRAMME

Is your child exhibiting signs of being overly quiet, shy, cautious, and withdrawn?

These behaviours may indicate the presence of anxiety. Although stress and worry are typical aspects of life, anxiety can sometimes exceed healthy levels and become troublesome.

This course will help you understand how your child's anxiety can be a manageable condition and enhance your child's well-being by collaborating with them. Together, we can empower your child to overcome anxiety and thrive.

26 OCTOBER - 30 NOVEMBER

6 WEEKS

Thursdays, 4.00pm - 5.30pm

Location: 336 Cashel Street, Central City, Christchurch

Parenting Spirited Young People

GROUP PROGRAMME

Does your child provide discipline challenges that effects your relationship?

This course offers a unique perspective on parenting that begins with self-reflection. As parents, it's important to understand ourselves: our identities, motivations, and emotional responses. We also examine the valuable lessons we have learned from our own parents.

Suitable for individuals of all age groups, the course explores various subjects, including personality styles, attachment, birth order, the influence of family history, and how these factors shape our parenting approach. We address anger and conflict, exploring alternative methods of interaction and communication. Additionally, we tap into our inherent strengths and personal learning styles to facilitate positive changes in ourselves and our children.

01 NOVEMBER - 06 DECEMBER

6 WEEKS

Wednesdays, 9.30am - 12 noon

Location: 336 Cashel Street, Central City, Christchurch

Seasons for Growth (Adults)

GROUP PROGRAMME

Are you or your family dealing with grief because of death, divorce, illness, or other traumatic losses in your lives?

The Seasons for Growth course offers grief support for those who are grappling with various forms of loss such as death, divorce, disability, illness, or other significant changes in their lives.

The course is designed to provide support by encouraging participants to express their thoughts and emotions, explaining the grief process, assisting in normalising the emotions associated with their loss, and helping them restore their self-confidence.

The adult grief course can be run over either four, two hour sessions, or a one day seminar.

20 OCTOBER - 10 NOVEMBER

4 WEEKS

Fridays, 9.30am - 12 noon

Location: 336 Cashel Street, Central City, Christchurch

COURSES CAN BE MADE AVAILABLE AT OTHER TIMES AND VENUES DEPENDING ON DEMAND

As numbers are limited, please contact us as soon as possible to confirm a place in the group. This is a free service open to all.