



Citizen Advocacy Auckland Inc.

A Resource building programme to reduce stress and build resilience.

For families and whanau of people with Autism Spectrum Disorder

The programme adapted from Gabrielle Young's Thrive is based on the latest research from the following fields:

- Wellbeing Science
- Psychology of Change
- Positive Psychology
- Mindfulness
- Neuroscience
- Compassion Science

The programme recognises we are all at different stages in our wellbeing journey and our lives.

The programme aims to inform participants about how we are wired and what actions we can take to maximise our wellbeing regardless of our life circumstances. Participants will learn a wide variety of practices they can incorporate in their daily lives depending on what they feel drawn to and find the most useful.

Programme:

Session 1

Saturday July 24th 9.30–4.30pm
in person

Session 2

Choose either -

Monday 2 August 6-8.30 pm
Zoom

Or

Saturday 7 August 2-5pm in
person

Session 3:

Choose either -

Wednesday 25 August 6-8.30pm
Zoom

Or

Saturday 28th August 2-4.30 pm
Zoom

This is a FREE programme.

The personal benefits are enormous.

We ask that you commit to attending all three sessions.

Facilitators: Gabrielle Young and Jules Garland

Gabrielle Young has been facilitating groups and working with organisations, teams and individuals for over 25 years. In the last 5 years she has developed and run resilience and wellbeing programmes for organisations. She is passionate about walking the talk and has reorientated her life to ensure that she manages her own wellbeing effectively including being in nature, connecting more with others and doing life enhancing work.

Jules Garland works in the disability field and has a son with ASD in his early twenties and has direct experience of the pressures that can lead to feeling stressed when parenting a son or daughter with a disability. She has a public health and health promotion background, has studied Positive Psychology and is a trained teacher of Mindful Self Compassion. She has been thrilled to see the positive impact of her own wellbeing on her son.

How to Register

citizenadvocacyauckland@gmail.com

027 625 7994

For more information visit cauckland.org.nz Venue - 497 Remuera Rd Auckland

Funded by

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