



Mana Ake - Stronger for Tomorrow, provides support for children aged 5 to 12 years across Canterbury. Mana Ake kaimahi (workers) work with schools to support teachers and whānau when children are experiencing ongoing issues that impact their wellbeing such as anxiety, emotional regulation, friendships and parental separation. Kaimahi have a diverse range of skills including psychologists, social workers, counsellors, teachers and youth workers. Mana Ake is a flexible service where kaimahi work with children on a 1:1 basis or in group group setting, whilst also providing advice, guidance and support for whānau and school staff.

We know that transition to a new school can be a difficult time for many students and that extra support is sometimes required. At Christchurch South Intermediate, Mana Ake kaimahi will be running **informal monthly drop-in sessions for parents** to attend with any queries or concerns you may have regarding the wellbeing of your child.

The drop-in sessions will take place in the school library at the following dates/times in Term 1:

- **11<sup>th</sup> February 2020 8.30am-9.30am**
- **3<sup>rd</sup> March 2020 8.30am-10:00am**
- **7<sup>th</sup> April 2020 8.30am-10:00am**

The Mana Ake team (Liz, Damion, Jo, Lauren & Carly) look forward to meeting with you at any of these sessions and are happy to help in whichever way we can.