

WELLBEING FOR TEENS

Ages 13-17 years old

AN 8 WEEK COURSE FOR GIRLS (INCLUDING GENDER DIVERSE YOUNG PEOPLE WHO FEEL COMFORTABLE IN WOMEN'S SPACES) TO LEARN, CONNECT, AND FOCUS ON WELLBEING IN ALL ASPECTS OF LIFE.



Mā te kimi ka kite,
Mā te kite ka mōhio,
Mā te mōhio ka
mārama.

Seek and discover.
Discover and know.
Know and become
enlightened.



LOWER HUTT WOMEN'S CENTRE
186 KNIGHTS ROAD
LOWER HUTT
9201009
INFO.LHWC@GMAIL.COM
WWW.LHWC.ORG.NZ



29th July - 16th Sept 2026
Wednesdays 4-6PM
Lower Hutt Women's Centre
Cost: \$20 (full course)
Snacks provided

Facilitators:

Naomi Millane (she/her)

Naomi is qualified counsellor and addictions practitioner who has a passion for working with women and girls. She is a mother, experienced self defence teacher and in her spare time she loves to paint and play the guitar.

Kate Jones (she/her)

Kate is an art therapist who offers a warm, supportive, and non-judgmental space for young people.

Alongside her professional experience across mental health, community, and school settings, Kate also brings her own lived experience of mental health challenges as a teenager. This helps her connect with empathy and understanding, supporting teens to feel heard, respected, and less alone as they navigate life's challenges.



Each session focuses on a topic and includes having snacks, listening to music, relaxing, playing games, chatting, art and more.

Topics include

♥ Self Care ♥
♥ Boundaries ♥
♥ Self Compassion ♥
♥ Anxiety ♥
♥ Self Esteem ♥
And Much More!



To enrol visit our website, call, or pop into the Centre.