

independent ENDEAVOURS

**A free service to people between
the ages of 16-65 with disability.**

Take the opportunity to learn how to
build on your life skills towards
independence in your community

Independent ENDEAVOURS supports people to explore new and different ways to view persistent problems. The emphasis for all programmes is on self-awareness and self-responsibility.

How participants have described programmes and the things they have learned:

- ◆ "A group for doing, and learning about community"
- ◆ "Encouraging people to endeavour"
- ◆ "Helpful, useful and a lot of enjoyment"
- ◆ "More independence"
- ◆ "It's interesting what new things you learn each lesson"
- ◆ "To move forward and take the first step"
- ◆ "That I did it"



Hours of Service: Monday to Friday 8.30am — 5.00pm
8 Hickory Ave
PO Box 21865, Henderson
Waitakere City 0650

Phone: 837 5240
Fax: (09) 836 6341

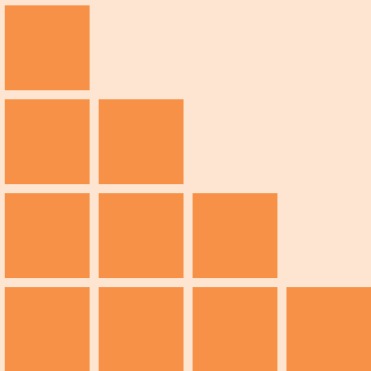


independent ENDEAVOURS

Personal Development Services



- ◆ Life skills education and experience
- ◆ Links to local community
- ◆ Creative opportunities for growth
- ◆ Individual or group programmes
- ◆ Safe and supportive learning environment



independent ENDEAVOURS personal development service

We offer life skills education in two different ways, for people who would like some extra help with their persistent problems. This service is free of charge.

- ▶ **Collaborative education** which takes place either in a 6 to 8 session group programme (a weekly 2.5 hour session)

or

on an individual basis for six sessions (1 hour per session).

We include guest speakers when appropriate for the topic

The types of issues that can be addressed include:

- ◆ Stress and anxiety (including insomnia)
- ◆ Communication skills/relationship skills/social skills
- ◆ Management of anger and other uncomfortable emotions
- ◆ Self esteem and confidence
- ◆ Coping with change

- ▶ **Natural Prospectz** community programmes are hands on experiences designed to challenge and support people who are building on skills like:

- ◆ Interpersonal communication
- ◆ Self confidence
- ◆ Working with others
- ◆ Problem solving
- ◆ Building community networks

This is a fun practical way to gain confidence by just having a go with a very supportive group of people



- ▶ Opportunities are also provided for people to become more active in their local community through events and projects.

HOW DOES IT WORK?

- ◆ A referral from you or any community support person
- ◆ Initially we meet to see which programme would best match your needs
- ◆ Easy enrolment process
- ◆ Topics in all collaborative education sessions (individual and group) are negotiated between you and us to ensure you get maximum learning from sessions.
- ◆ You are provided with handouts for future reference
- ◆ Community programmes are tailored to the group, with elements of surprise, making them a lot more fun!
- ◆ All sessions are recovery focused and include information for growth and independence