

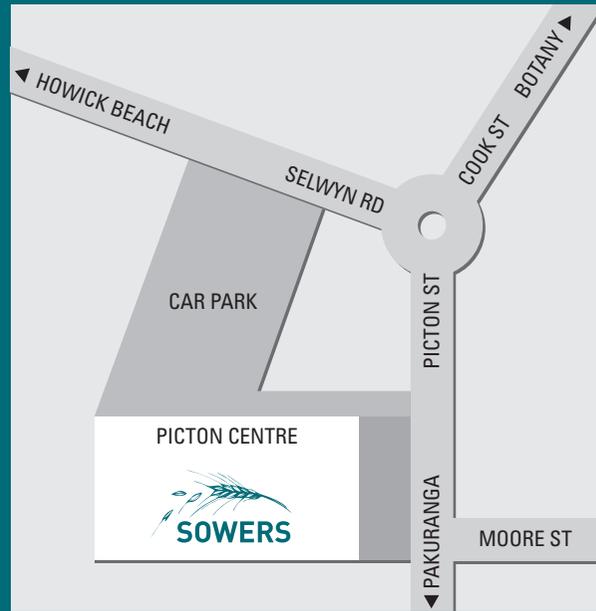
Who We Are

- While it is our relationship with Christ that drives our passion to support others, we don't discriminate. We help all people - and if we can't we do our best to find the right people who can.
- Social Responsibility - "So I plead, imagine the earth flowered and treed, because each of us sows a seed. We give of ourselves to fill a need, we teach, we guide, we bandage knees. When we love each other in word and deed, how can we possibly help but succeed? We could change the world with staggering speed, if each of us would sow a seed." The Lorax, Dr Suess.
- We are advocates for promoting personal dignity.
- We endeavour to be the holders of hope for those that we walk alongside until they can hold that for themselves.
- We strive to offer community connections and encourage the development of natural supports to build resiliency and promote long term change.
- We are a Christian response to the need in our community, sowing seeds of hope. Through both words and our actions, we seek to display Christ's love so that others might know Him.
- Matthew 25:40 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me'.

Our response to the Treaty

We acknowledge and respect the unique place that Maori have as Tangata Whenua of our land. In meeting the needs of our community, we will ensure we uphold the Treaty:

- By ensuring we work in partnership with others.
- By ensuring we work towards addressing inequity so all people can participate in their community.
- By ensuring the cultural beliefs, values and practices of Maori are protected and opportunities to work with Maori practitioners and/or providers, where possible are offered.



The Picton Centre
120 Picton Street
Howick, Auckland 2014

PO Box 38-360
Howick, Auckland 2145

Tel: 09 538 0050
Fax: 09 537 3876
Email: sowers@hcc.co.nz
Referrals: referrals@hcc.co.nz

www.sowers.co.nz



**Giving Strength and Hope to
Children, Youth and Families**



Vision

Strong, confident families that can connect, contribute and thrive in their community.

Mission

To equip, empower and mentor young people and their families.

Values

- Faith
- Hope
- Compassion
- Respect

What We Do

We take a strengths based approach and where possible prefer to wrap support around the whole family. We have a number of programmes on offer for adults 21 years and over including life coaching, parenting support and groups. We tailor what our support looks like to meet each person or family where they are at.

Family Support

We provide wrap around care to individuals and families by working alongside them to achieve their desired outcomes.

Areas of focus include:

- Empowerment
- Increasing confidence and self-esteem
- Parenting and life skills
- Advocacy and information giving
- Close support for those living in or recovering from Domestic Violence
- Assistance with referral to specialist services

Waves Programme

The primary focus of the WAVES programme is to provide people with the opportunity to participate in a psycho-educational programme that offers an experience of healing and community by connecting them with other people who have been bereaved by suicide. The purpose of WAVES in this context is to help adults learn more about grief and suicide, find meaning in their experiences, learn to manage emotions, reduce stigmatisation and feelings of isolation and assist them to move forward.

OUR PROGRAMMES

Triple P Parenting

A programme to support parents and caregivers by engaging, encouraging and empowering families to address common child and adolescent social, emotional and behavioural challenges. Triple P aims to enhance a parent's knowledge, skills and confidence; to promote the development of non-violent, protective, and nurturing environments for children; to promote the development, growth, health and social competence of children and to enhance the competence, resourcefulness, and self-sufficiency of parenting in raising their children.

Discussion groups for the everyday parent of children up to 10 years are FREE.

Discussion group topics are:

- Dealing with disobedience
- Managing fighting and aggression
- Developing good bedtime routines
- Hassle-free shopping with children

Discussion Group Topics for parents of Teens:

- Getting teenagers to co-operate
- Coping with teenagers emotions
- Building teenagers survival skills
- Reducing family conflict

Standard & Teen Triple P Parenting Programmes

These programmes cover Triple P's 17 core positive parenting skills that can be adapted to a wide range of parenting situations and it is delivered over 10-12 one hour sessions. This is an intensive programme that involves active skills training and encourages parents to set their own goals for change. Fees apply.