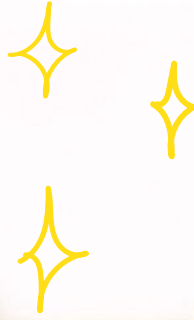


Yellow
Brick
Road



Stepping Out for Women

A self-development course

We understand that supporting a loved one with a mental illness is very challenging. Often women put all their own needs on hold when doing so. They place their hopes and dreams away and out of sight while they deal with relationship conflict.

What happens when our dreams are put on hold for too long?

- Our own wellbeing and mental health begin to suffer.
- Resentment starts to build towards the person whose needs are taking priority.

Frustration and a sense of injustice can grow as we repeatedly support someone who could be helping themselves more. Of course we don't mind helping others, and it's wonderful to care, but we must also tend to our own needs.

We're here to help you begin a journey of self-discovery that will assist you in reconnecting with who you really are.



Begin your journey of self-discovery

We actively walk alongside the people we support, through all their challenges until the wellbeing of their whānau is restored.

We invite you to walk the path of self-discovery with us.

We know that groups can provide a space to:

- Combat isolation; providing a source of great comfort and support.
- Get feedback from a group; giving you new perspectives on issues you may be struggling with.
- Be inspired by watching other group members overcome their challenges!
- Uncover blind spots that are preventing you from overcoming obstacles in life.

How can Stepping Out for Women help you?

In our Stepping Out for Women programme we cover a range of topics, including:

- Self-compassion
- Mindfulness
- Radical acceptance
- Validation
- Letting go

Our sincere hope is that you will come away from this programme with strategies for living a fulfilling and happy life. This programme will help you develop:

- A strong sense of purpose
- A clear understanding of your role in your family member's life
- The ability to set limits that work for you and your whānau
- A new understanding of how to look after yourself
- The ability to be your own coach throughout life



Enrol today

For this programme to work, you need to commit to change and attend each session. The programme starts with a full day session and then is followed by 5 two-hour sessions spread out over 6 weeks.

There are also two coaching sessions available during the course. These coaching sessions are used for aspects of the programme you would like more support with.

This service is free and limited to 8 places. Contact us to find out more and reserve your space.



**It takes each of us to make
a difference for all of us.**

**It's whānau ora, and it is the
foundation that inspires every
aspect of our work.**

Yellow Brick Road is a national organisation that specialises in providing support for whānau who have a loved one experiencing mental health challenges.

After 40 years of experience working with people around New Zealand, we know that if the family of a loved one experiencing mental distress are correctly supported and empowered, the path they walk leads to increased wellbeing for the whole whānau.

Positive change is our singular focus. By working together, we can help you thrive.



Supporting families
towards mental wellbeing

Northern Region

0800 732 825

Central North Island

0800 555 434

South Island

0800 876 682

yellowbrickroad.org.nz