

Vision

Disabled people and their families are able to lead the lives they desire.

Core Value

Respecting and supporting choice

Mission

To empower disabled people and their families through leading social change.

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[Like us on Facebook and follow us on Twitter!!](#)

Parent and Family Resource Centre have recently joined Facebook and Twitter.

Please visit our Facebook page [here](#) and 'like' us. You can follow us on Twitter [here](#).



SEMINARS/TRAINING

360 Degree Not-for-Profit Training Day - East

If your organisation wants to learn how to diversify its funding and get more attention for its work, don't miss the chance to attend the FINZ – Trustees Executors 360 Not-for-Profit Training Day on 5 September at Waipuna Hotel. Early bird rates (including GST) are available on or before 2nd of August: \$105 for members of the Fundraising Institute of New Zealand, and \$135 for non-members. For more information, call 0508 64 FINZ or email info@finz.org.nz. You can also view the event flier [here](#).

Certificate in Learning Support - South

Are you working as a Teacher Aide and want to become qualified? Or Are you a parent/carer interested in becoming a Teacher Aide? Develop the knowledge, skills and values necessary to provide support and empowerment for young people with special learning needs in an education environment. [Click here](#) for the information flier. **Programme starts in August – call 0800 62 62 52 or visit www.manukau.ac.nz to secure your place!**

Transformative Supervision Workshop - South

This workshop is brought to you by the Aotearoa New Zealand Association of Social workers (ANZASW), with the presentations being facilitated by Nicki Weld and Cherie Appleton. The workshop will be held on Friday 9th August from 9am to 4pm at the Youthline office, 145 St George St, Papatoetoe. Costs are \$210 for ANZASW members, and \$240 for non-members. [Click here](#) for more information and the registration form. Alternatively, you may email Margaret on margaretl@anzasw.org.nz. **Registrations close August 2nd, so be in quick!**

Transition Expo 2013 - Central

The progression from school to community life. Hosted by Parent & Family Resource Centre (PFRC) and Ministry of Social Development (MSD).

When: Thursday 15th August 2013

Where: Fickling Convention Centre
546 Mt. Albert Road

Three Kings, Auckland
Time: 9am – 2.30pm

This Expo is suitable for all students aged between 14-21 years who are ORS funded, parents, family members, caregivers, education experts, careers advisors, school transition coordinators, teachers and all those involved in the care of a young adult with a disability. Transition Providers, Vocational Service Providers and 'leisure/recreation' providers will each have a stall providing information, pamphlets, booklets, DVD's and promotional material. Representatives from each organisation will be available for advice including also Work and Income, Ministry of Education, Ministry of Health and Taikura Trust. This Expo will also feature a Transition Seminar in a separate presentation room at 9.30am and midday (1.5hr seminar will run twice).

Although this Expo is aimed at ORS funded students, all students with a disability and those involved in the disability sector would benefit from information available on the day.

Contact PFRC for more information on (09) 636-0351 or pfrcadmin@pfrc.org.nz. [Click here](#) for a flier which includes map to venue.

Positive Behaviour Workshop - South

This workshop focuses on supporting people whose behaviour challenges, to live ordinary lives in the community. The workshop will be held on Tuesday the 27th of August from 10am-4pm (with lunch provided) at the Mangere Community Law Centre, Shop 37, Bader Drive, Mangere Town Centre. The cost of the workshop is \$299 + GST per person. [Click here](#) for the workshop flier, and [here](#) for the registration form. For funding options, registrations, or more information, please contact Diane Morris on 250 4346 ext 211 or email her on training@portal.org.nz.

Think. Sign. Connect. – West

Discover New Zealand Sign Language and sign up for a 6 week course. The course runs from Monday 12th August to Monday 30th September at the Deaf Aotearoa Office, 1836-1848 Great North Rd, Avondale. The course costs \$130 per person, including GST. To view the flyer, [click here](#). To register, call Becky Hadfield 021 920 023 or email Lynette at Lynette.SoutheyRay@deaf.org.nz.

Mental Health and Addictions Training – Central

Mind & Body Learning and Development are running three workshops in August on Communicating in the Peer Relationship, Motivation to Change, and Amplifying Strengths. These workshops will be held at the Mind & Body Office on 395A Manukau Road, Epsom. **Please note, that the date of the Communicating in the Peer Relationship workshop has been changed to Monday the 12th of August. To view the updated flier, [click here](#).** To register your interest, please call Nicky Grant on 630 5909 ext 803 or email at nicky@mindandbody.co.nz. You can also visit the Mind & Body website on www.mindandbody.ac.nz.

2013 Arthritis Education Series – North

Arthritis New Zealand in collaboration with AUT University invites you to a series of free, interactive educational sessions, discussing different conditions with information about the management of arthritis, techniques for relief and alternative therapies for people living with arthritis. The presentations are suitable for people living with arthritis, their family, friends and health professionals interested in knowing more about arthritis. These sessions will be held at Main Entrance, AUT North Shore Campus, AF Block Foyer, on Wednesday evenings 7 – 8pm on the dates listed on the flier. [Click here](#) to view the flier.

UPCOMING EVENTS

Chinese Families Autism Support Group – South Auckland

The Parent & Family Resource Centre has been running these support groups since April in South Auckland at Manukau SuperClinic (with support from Counties Manukau District Health Board). These support group meetings are held every month (sometimes the venue varies) to assist with information sharing, discussion and networking amongst South Auckland Chinese families raising a child with autism. Please [click here](#) to view our English version flier for the August meeting or [click here](#) to view the Mandarin version flier.

Dr. Arrowsmith Presentation: The Woman Who Changed Her Brain – Auckland & Wellington

Barbara Arrowsmith-Young, author of the International Bestseller *The Woman Who Changed Her Brain*, and founder of the Arrowsmith Programme, will return to New Zealand in August 2013. She will be running presentations in Auckland on the 14th of August at the Owen Glen Centre, University of Auckland Business School, from 7:30pm – 9pm. Tickets are available at www.baynz01.eventbrite.ca. Her Wellington presentation will be on August 19 at Wellington High School, 249 Taranaki St, Mt Cook, and tickets are available at www.baynz02.eventbrite.ca. Admissions are \$5. For more information on the event, [click here](#).

Raeburn House Directory Launch Party – North

The Directory will be hot off the press on **Friday August 2nd from 1-4pm** and we would be delighted if you came along to the launch party to celebrate and collect your free copy.

The directory is a wonderful resource that belongs to the entire community and everyone is welcome to celebrate - so spread the word! [Click here](#) for the event flier. Please RSVP for catering purposes to Amberlee via email to Amberlee@raeburnhouse.org.nz or phone 09 441 8989.

Health and Social Development in West Auckland

The Awhina Health Campus in Waitakere is delighted to bring the Health and Social Development Workforce in the West - 2020 Forum to our community. During the next decade, West Auckland will face some unique challenges and opportunities in promoting and maintaining the well-being of our people and communities. The forum will be held on Wednesday 2 October at the Trust Stadium in Henderson. Registrations for the forum are now open at www.unitec.ac.nz/healthforum. [Click here](#) for more information and [here](#) for the forum flier.

NZORD – The New Zealand Organisation for Rare Disorders

National Pharmac are consulting on their [decision criteria](#). In parallel with this they are also consulting on [a proposal to decline funding](#) for a new medicine for treating the rare disease Paroxysmal Nocturnal Haemoglobinuria. Both these consultations have significant implications for all future medicine funding decisions and for rare disease medicines in particular. NZORD encourages patients and their support groups to participate in these consultations to ensure the voice of rare disease patients is clearly heard by Pharmac. [Click here](#) for more information about how to have your say about the proposed decision criteria.

Active Lives Programme - West

This is a 6-week programme designed for disabled school leavers and young adults looking to gain independence and have fun with other like-minded individuals. The programme will be held on Wednesdays from 10:30am-2:30pm, starting from 21st August to 25th September, 2013. It will be held at the Blockhouse Bay Community Centre, 524 Blockhouse Bay Road. The entire cost of the programme is just \$20. [Click here](#) for the programme flier and registration form.

The Grief Centre Support Groups

The Grief Centre runs a variety of support groups which aim to explore loss and grief in different ways. Participants will have the opportunity to talk about their loss with others who have been through possibly similar experiences, and reflect on the changes this has brought to their lives. Our groups are situated in different parts of Auckland. [Click here](#) for more information.

Wheelchair Basketball Programme – Counties-Manukau and West

Get rolling in Term 3 by joining the new Auckland youth Basketball programme in Counties-Manukau or Waitakere! Programme costs are \$10 per session, or \$90 for the term for the Counties-Manukau sessions. There is no cost for the Waitakere sessions. [Click here](#) for more information on the Counties-Manukau sessions, and [here](#) for the Waitakere sessions. To register, contact Lisa Compton on aucklandwheelbreakers@outlook.co.nz

Working Together to End Abuse of Disabled Adults – Central

This workshop is a chance for everyone to get together and learn about the abuse of disabled people in New Zealand, specifically the people who have learning/intellectual disabilities. The workshop will be held on Wednesday the 21st of August, from 10am-12:30pm at CCS Disability Action, 14 Erson Ave, Royal Oak. [Click here](#) to view the event flier. Registrations have closed, but you may still be able to register by contacting Kaeti on 027 575 4000 or email kaeti@peoplefirst.org.nz.

Results Based Accountability Workshop

This is an excellent opportunity to learn about an increasingly popular framework for measuring the difference we make in the communities we serve. The workshop will take place on Tuesday the 6th of August from 10am-2pm at the Fickling Centre, 546 Mt Albert Rd, Three Kings. [Click here](#) to view the workshop flier, or to register contact Kimberly on 441 8989 or email on kimberly@raeburnhouse.org.nz. **Spaces are limited, so book your place early!**

InterACT – Auckland Wide

Expressions of interest are being invited to take part in this exciting event in October at Corbans Estate Arts Centre. [Click here](#) for more information.

Wearable arts classes come to Corbans!

Interacting are running a series of weekly workshops at Corbans where participants will design and create gorgeous costumes that they can parade at InterACT in October and other community events. [Click here](#) for more information.

Interacting Theatre

Interacting are running drama classes for young people with a disability at Howick Little Theatre. Each workshop runs for two hours every Thursday from the 1st of August to 26th of September, 9:30-11:30am. Classes cost \$15 per person per class, and are paid termly. For more information, [click here](#) to view the flyer. To register, contact Paula on 849 5595 or email interacting@ihug.co.nz.

Open Studio Teen Group and Art on the Spectrum – Central

Teen Open Studio is an open studio art group for teenagers of all abilities aged 12 (approx) years plus. Particular provision is made for teens with diverse and complex needs. Thursdays from 4–5:30pm each school term. [Click here](#) to view the flier.

Art on the Spectrum is a structured arts therapy group for six children (8-11 years) on the Autism Spectrum (ASD) facilitated by an Arts Therapist and Arts Facilitator. Wednesdays 4–5:30pm each school term. [Click here](#) to view the flier.

Contact: Angie Richardson: 09 845 5361 or e-mail: angie@sparkcentre.org.nz ASAP to secure a place for your child.

Janet McVeagh Recreation – Holiday Programmes & Camps – Auckland Wide

Spaces left for the 18+ weekend Raglan camp on the 2nd and 3rd of August (sorry no wheelie crew spots left). [Click here](#) for more details, or email jm.recreation@ihug.co.nz to confirm a place.

The dates for JMR Camps and Holiday Programmes for the rest of 2013 have now been released. For more details on dates and venues, [click here](#). Fill out the [registration form](#) and [parent agreement](#), and forward to Kerrie O'Hara on jm.recreation@ihug.co.nz or post them to PO Box 13899, Onehunga, Auckland, 1643. You can also contact Kerrie on 09 625 9534 or 021 211 9882 for more information.

Everyday Skate – Skateboarding Crew - North

Join the skateboarding crew at the Everyday Skate Program. This program is designed for children who have ASD, Dyspraxia and SPD from the ages of 6-12 years. The program will run on Wednesdays starting the 31st of July from 3:45-5pm at Belmont Intermediate School Hall. Cost is \$30 per session for a 9 week term, with carer support accepted as a form of payment. [Click here](#) for the information flier, [here](#) for the parent information flyer. Alternatively, contact Carolyn Lotawa directly on 021 0232 6398 or email her on carolyn@everydayot.com to register.

NOTICES

Auckland Council Youth Advisory and Youth Connections

Check out the Auckland Council Youth Connections and Youth Advisory Panel to find out more about the roles and goals of young people in Auckland City. You can visit their website on www.putmefirst.co.nz or like them on facebook www.facebook.com/youthconnectionsaki for more information.

Freedom Mobility

Freedom Mobility is New Zealand's leading mobility vehicle rental companies. [Click here](#) to view the flier.

Renaissance Group - Supported Living Facilitators required

The Renaissance Group is currently looking for two Supported Living Facilitators (full- and part-time). For more information about these positions, [click here](#). Alternatively, contact Dianne Morris on 09 250 4346 ext. 211, on mobile 021 705 379, or email her at diane.m@ren2001.co.nz.

Raeburn House Survey

"We are interested to know if you access the Raeburn House website, how you use the website/internet and with what devices. Please take a few minutes to complete this survey. Your input would be much appreciated as it will help us plan improvements." To fill out the survey, visit <http://www.surveymonkey.com/s/FSH66L9>

reTHINK Schizophrenia Billboard Competition

Help us bust the myths around schizophrenia by creating an ARTWORK or IMAGE and it could be displayed on a K' Rd billboard for the month of November 2013! Expressions of interest due to likeminds@mindandbody.co.nz by **Monday 12th August 2013**. [Click here](#) for more information.

Changing Minds introduces Mental Blocks

Changing Minds is excited to announce an art initiative called 'Mental blocks' funded by the ASB trust. We are looking for submissions from people who would like to create a piece to be exhibited in Feb 2014. We are looking for ideally 6 pieces and have \$6000 worth of grant money to fund artists, people can apply for up to \$2000 to fund their work, and we have a group of independent judges who will make the decisions around who gets funding and how much. Applications close on the 30th August, with completed work to be submitted by January 2014. Pieces can be any kind of art that makes sense to the artist (which may relate to a personal experience of mental wellbeing or distress, addictions or homelessness, or a family member or friend with this experience; or a social comment on the below themes of the initiative) – we have been talking about music, writing, painting, photography, sculpture, drama, tattoo art, floral arrangement...anything, the only strict criteria is that entrants must be a New Zealand citizen or resident. Pieces need to have a relationship with the initiative themes:

- Redefining the way New Zealanders think and talk about health, wellbeing, addiction, and/or homelessness;
- Broadening or challenging the language and discourse we employ to talk about health, wellbeing, addiction, and/or homelessness;
- Celebrating diverse human experience and encourage self-determination;
- Examining the wider social context of mental health issues, addiction, homelessness.

Contact Ainslie Gee to discuss this further on (09) 6231763 / 021811763 / ainslie@changingminds.org.nz

Epilepsy NZ Newsletter

[Click here](#) to read the newsletter for July.

Health Quality and Safety Commission NZ Newsletter

[Click here](#) to read issue 27 of the e-update.

Enabling Good Lives – Media Release

[Click here](#) to read Hon Tariana Turia's (Minister of Disability Issues) media statement on the demonstration of the Enabling Good Lives project in Christchurch.

Equipment and Modification Services Newsletter

[Click here](#) to view the 5th issue of the newsletter by the Ministry of Health.

Disability Support Guide – available now!

Our long awaited Disability Support Guide is now here! This guide is designed to help parents and families of children and young people who have been recently diagnosed with a disability. The booklet aims to help families navigate their way throughout the disability sector, and sheds some light on the roles of the various ministries and organisations involved in the sector including Ministries of Health, Education, Social Development, Work & Income, CYF's and Non-Government Organisations. There is also information on disability policy and legislation in New Zealand. The disability sector can be complicated to understand so this over-arching guidebook may be useful to families regardless of the age of their loved one. To order your free copy of the Disability Support Guide, please email PFRC on pfrcadmin@pfr.org.nz, or call us on 636 0351.

Auckland Dyspraxia Support Trust

[Click here](#) to view the Auckland Dyspraxia Support Trust website. The website has lots of resources and information about up-coming events, as well as up-to-date information on what's happening in the disability world.

IRIS Newsletter

[Click here](#) to view the July edition of the newsletter (issue number 7).

Interactive Drawing Therapy Newsletter

[Click here](#) for the July 2013 issue of the IDT newsletter.

Parents Click on to Free Computers

Go to www.stuff.co.nz/technology/gadgets/8872371/Parents-click-on-to-free-computers to read the article on how the Computers in Homes programme can help you.

Deaf Aotearoa – Newsletters

[Click here](#) to view the updated Community Weekly Newsletter for the 12th of July. This is a large file and may take a few seconds to download. [Click here](#) to view the Talk Hands Winter 2013 Newsletter.

Parent Aid Central West Inc – Newsletter

[Click here](#) to view the updated version of the PACW newsletter for July 2013.

TIDES Flyer

TIDES stands for Transition Independence Development Education Strength. [Click here](#) for the updated flyer.

Everyday OT Newsletter

[Click here](#) to view the updated newsletter.

SKIP E-News June

[Click here](#) to view the latest SKIP e-newsletter.

Job Needed

"I have a medical background and have gained Postgraduate Diploma in Health Science at the University of Auckland. I am fluent in oral and written English and Mandarin. Currently I am working as a Community Health Worker and Administrator Support with the ADHB Outreach immunization Service, contracted to The University of Auckland-IMAC. I am also working as a Volunteer for The Asian Network Inc as a Support Group Coordinator to support "Chinese Families Autism Support Group Meeting". I have recently worked at the Manukau Superclinic (CMDHB) as a Vaccinator Assistant. In addition to the above, I have work experience as a Women's Advocate at Shakti before." To get a copy of Lily's CV, please e-mail Lisa on lisa@pfrc.org.nz

Heartland Services

Need help or free advice? Agents visiting in the month of August 2013 to offer free advice at Heartland Services, 2 King Street Pukekohe, phone: (09) 238 6233. [Click here](#) for more information.

IDEA Services – Job Opportunities

Do you want to make a difference, have fun, and get paid? Become a support person to empower someone with an intellectual disability achieve their goals. Contact: Olive on 8353486 or email: olive.taulapapa@idea.org.nz

Carefinder NZ

Finding a carer for you or your loved ones is made easy with Carefinder, a unique and innovative online carer matching service available nation-wide. Carefinder provides those looking for care a safe and easy way to connect with carers FREE of charge. Those seeking care can post a job or search through detailed carer profiles and get in touch direct via their private messaging service. Carefinder offers a wide variety of 'care' services extending from Special Needs Care to general Childcare including Babysitters & Nannies as well as Senior Care, Pet Care, Tuition & Lessons, House Sitters & Cleaners, Lawnmowers and more. To get started, visit www.carefinder.co.nz

Crew Wanted – An Opportunity to Sail a Tall Ship

The Jubilee Sailing Trust has asked Blind Sport NZ to help find some crew to sail their tall ship, Lord Nelson in late October this year when it arrives in Auckland. Their offer even includes two fully funded berths for sailors. The crew have to be 16 years of age and over. For more information about the Jubilee Sailing Trust, [click here](#) or visit <http://www.jst.org.uk/>

YouthworX June Newsletter

[Click here](#) to read the July newsletter from YouthworX.

Calling all Freelance Training Facilitators!

If you are a dynamic Training Facilitator whose strengths are in creating a dynamic learning environment and delivering impactful training outcomes, then Renaissance would like to hear from you. You would be delivering training modules, developed by experts, to the Health and Disability Sector. So whilst, knowledge of the sector is an advantage, experience, skills and passion are essential. Please email your CV to recruitment@ren2001.co.nz

Glen Innes Health and Wellbeing Group - East

The Glen Innes Health & Wellbeing Group is looking for someone with lived experience of disability who lives or works in the Glen Innes area. This is a great opportunity to contribute to the health & wellbeing of the local community. The group are looking for someone who can feedback into the community. The group currently meets monthly on the 3rd Thursday of the month at 10am. For more information, [click here](#), or contact Laura Paterson, Auckland DHB Project Manager LPatterson@adhb.govt.nz or phone (09) 630 9943.

Auckland Transport – AT HOP Card

AT HOP Cards are only \$5 until the end of 2013. [Click here](#) for more information on how to register and use your AT HOP card.

Te Pou – Disability Workforce Development

[Click here](#) to read more about the funding grants available from Te Pou for training and leadership opportunities for organisations funded by the Ministry of Health.

Ministry of Health – NGO Update

[Click here](#) to go to the MOH Health and Disability NGO Working Group website to read the update for the month of July. You can also follow the NGO Working Group Facebook page on www.facebook.com/HealthDisabilityNGONZ.

Justice Action Group Petition regarding abuse in service care in NZ

[Click here](#) for more information about the recent cases of abuse discussed in the media, or visit http://www.avaaz.org/en/petition/Stop_the_abuse_of_disabled_people_in_service_care/?ejyErab to sign the petition.

Child's Play O.T. Ltd

Occupational Therapy and Sensory Integration Therapy practice – now in Eden Terrace AND Silverdale! We offer assessment, consultation and therapy input for children and adolescents and their family/whanau. We specialise in developmental and learning disabilities such as Dyspraxia, ASD's, ADHD/ADD, Dyslexia, Sensory Processing Disorder, developmental delay, chromosomal dysfunctions, and much more. We are also able to consult with adults who are struggling to cope with the same difficulties. For more information [click here](#), visit www.childisplayot.co.nz or call 09 630 9314.

Sport Gulf Harbour Charitable Trust & The Leisure Centre – North

The Sport Gulf Harbour Charitable Trust and The Leisure Centre are hosting a Special Needs Sports Programme designed specifically for interaction and connection with children with Special Needs. These sessions will run on a Wednesday from 4-4.30pm during school terms. [Click here](#) to view the flier for more details and [click here](#) for the registration form.

Recreate Newsletter

The Recreate NZ term 3 Auckland Newsletter is out now. All our great upcoming events are detailed, including July Junior and Youth Holiday Programmes, Youth, Junior and Young Adult Getaways, Stanmore Bay Respite House weekends, Mothers retreat weekend, Life-skills programme and South Island Snow Caving adventure trips..plus much more.... [Click here](#) to download – note it is 7MB so may take a few seconds to download. Alternatively go to our website to view and book www.recreate.org.nz or email bookings@recreate.org.nz to request a paper copy.

The Four Go Flattening Handbook/DVD is here!

This handbook/DVD is a working guide that will help you navigate the Individualised Funding System to help create the independent living environment of choice for your disabled whanau/family member. [Click here](#) to view the handbook flier. Contact Lisa Martin on lisa@pfrc.org.nz or on 09 636 0351 to order your copy!

Wilson Home Trust – Family Matters Newsletter

[Click here](#) to view the 24th of July e-newsletter. You can also access the June-August edition of the Family Matters Newsletter [here](#).

ADSA Newsletter

[Click here](#) to view the latest ADSA newsletter on their website. To visit the updated events page, [click here](#). A new link has been added for [surveys and research](#), and you can also get information about the holiday programmes [here](#).

North Shore, Auckland Support Group - for families supporting a loved one with a mental illness - North

To be held every 2nd Tuesday of the month at Senior Citizens Hall, 5 The Strand, Takapuna (situated between Takapuna Library and Citizens Advice Bureau), 6.45pm-7.00pm. The next support group is on 13th August 2013.

6:45pm	Mix and mingle/hot drink
7:00pm	Introduction/topics for 2013/setting ground rules
7:30pm	Presentation: An introduction to Sensory Modulation/reducing stress
8:00pm	Reflection/questions/answers
8:15pm	Supper
8:30pm	General discussion
9:00pm	End.

For further info please contact Annais or Merle at 09 4142423

Velca Fun Fit: An exciting new class for people with disabilities

"Velca Fun Fit is an exciting weekly 2 hour class designed for people with disabilities, to improve health and well-being while having fun and making new friends. If you love music you will love Velca Fun Fit! Our wonderful trainers ensure that the class is tailored to all abilities and that people are supported to achieve and have fun. Classes will be run during the day, evening or on a Saturday and cost 1 Carer Support day for 4 classes, or \$19 per 2 hour class (please note: Carer Support can only be used as a form of payment when the Carer is not at work). For more information about Velca Fun Fit in your area, or to discuss how to sign up, please contact Louise: 027 429 4131 (call or text) or louise@velca.co.nz. We look forward to seeing you at a class soon!" [Click here](#) to view the flier.

Special Bees Playgroup - North

A playgroup for children with special needs and their siblings aged 0-5. Go along to have fun with toys, games and sensory toys. Every 2nd and 4th Monday of the month from 9.30 – 11.30am on the North Shore. Cost is \$3 per family which includes tea/coffee/morning tea for parents/caregivers. [Click here](#) for more information and contact details and [click here](#) to visit their facebook page.

NZDSN Newsletter

[Click here](#) to read the NZDSN Conference Newsletter for 26th of July. You can also read the Auckland NZDSN update for the week ending 26th of July [here](#).

Lifeworks 4 Me Ltd – Right Choice – Right Time – Right Place

Richard Vernall of Lifeworks 4 Me Ltd has worked in vocational settings for over two decades and from 2001 – 2010 he worked as a career consultant for Career Services rapuara. Services offered by Lifeworks 4 Me include:

- Assistance with Career Guidance
- Assistance with Pre-Employment Skills – CV development, interview skills, job search

Visit the Lifeworks4me website www.lifeworks4me.co.nz or [click here](#) for more information. Alternatively, you can contact Richard directly on 027 463 8523.

From the PFRRC Team



Lisa, Virginia and Niharika

www.pfrc.org.nz

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