



Growing Stars

by Learning Differences Aotearoa Trust



Workshops

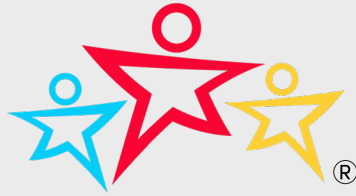
Helping your child manage the emotional impact of living with a learning difficulty.
For ages 6 - 12.

Learn more

Contact Us
027 201 6951
www.dyslexiasupportsouth.org.nz

Workshops

Workshops are held in the school holidays.
Visit our website
for more information.



Growing Stars

What is Growing Stars?

Growing Stars is a workshop developed to support 6 to 12-year-old children with the emotional impact of living with learning difficulties such as dyslexia, dyscalculia or dysgraphia. It also helps their parents to understand and manage this emotional impact.

Having a learning difficulty usually results in heightened anxiety and worry about learning, frustration and low self esteem overall.

How Growing Stars helps children and parents

The Growing Stars workshop works with children to help them:

- recognise these feelings of anxiety and worry
- recognise there are strengths that come with thinking differently
- recognise they are not alone with their learning difference
- understand strategies they can use to help lessen the impact of anxiety
- understand strategies they can use for feelings of frustration
- know who they can talk to and help them with ways to do that

Parents attend a workshop to understand what their children will learn and how they can continue to support them after the workshop.

What you need to know

- The workshops are limited to 10 children per workshop.
- They are run in the school holidays and are held over two consecutive mornings from 8.45am to 12.30pm.
- The workshop costs \$50 per child and is for children aged 6 to 12 years with a learning difficulty.
- Parents need to be on our mailing list – sign up on our website.
- Parents are required to attend a parent information evening prior to the children's workshop.
- Parents can be kept up to date with helpful strategies and information through emails.
- Each workshop is run by two trained facilitators and with 2-3 trained helpers.