



BETHLEHEM
COLLEGE

EXCELLENCE
through CHRIST

Whānau Evenings

You're Invited

Join other BC parents at one of the upcoming 14 evening sessions held at Bethlehem College to learn more about Neurodiversity, Grief or Device Use.

NEURODIVERSITY

Facilitated by Educational Psychologist Nadia du Plessis these sessions will focus on ASD, ADHD and Anxiety and will be held from 5.30-6.30 pm in the BC Staffroom. [Register](#)

- 05 Jun Step into the World of Autism
- 12 Jun The 4 Pillars of Autism (social, sensory, anxiety, comms)
- 19 Jun Where to From Here? (behaviour, strategies, positives)
- 21 Aug Anxiety (unpacked, the brain, the word)
- 28 Aug Anxiety Cont. (mistakes, parents, spectrum)
- 30 Oct ADHD: Super Powers (about, boys v girls, the brain)
- 06 Nov ADHD: Functioning & Regulation
- 13 Nov ADHD: The Good Stuff (staying positive, motivation)

EXPLORING SEASONS OF GRIEF

Facilitated by Growing Through Grief Coordinator Tracey Maris these small group sessions will provide a supportive space for adults to reflect on loss and enhance their overall wellbeing and will be held from 5.30-8.30 pm in the small BC Staffroom. [Register](#)

- 03 Sep Session 1
- 10 Sep Session 2
- 17 Sep Session 3
- 24 Sep Session 4

RESPONSIBLE DEVICE USE (YEAR 5)

Facilitated by BC's Head of Counselling Sune Lewis this is a discussion around establishing clear boundaries, behaviour and a balanced approach to online and offline activities and will be held from 5.30-6.30 pm in the BC Staffroom. [Register](#)

- 15 Aug Presentation
- 20 Aug Presentation (Repeated)

Find out more about BC's [Learning Support](#) and [Wellbeing](#)