



BETHLEHEM  
COLLEGE

EXCELLENCE  
through CHRIST

# Whānau Evenings

## You're Invited

*Join other BC parents at one of the upcoming evening sessions held at Bethlehem College.*

### 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](#)

- 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 5.00-7.30 pm in the small BC Staffroom. [Register](#)

- 07 Nov Session 1
- 14 Nov Session 2
- 21 Nov Session 3
- 28 Nov Session 4

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