


A free, five week facilitated support programme to improve the wellbeing and resilience of parents by creating a strong peer support network that fosters long lasting community connections



LITTLE
SHADOW

He Waka Eke Noa

we're all in THIS TOGETHER



Together the group will explore their parenting experiences, strengths, values and challenges to collectively develop strategies to enhance their wellbeing.

To make a referral or to join a group please visit
littleshadow.org.nz