


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

An illustration of a hand holding a magnifying glass over a shadow. The shadow is a dark brown shape, and the magnifying glass is black. The hand is light skin-toned. The shadow is positioned under a yellow shape that contains the text 'LITTLE SHADOW'.

LITTLE
SHADOW

He Waka Eke Noa

we're all in THIS TOGETHER

A stylized illustration of a woman's profile. She has dark hair and is wearing a purple top with white polka dots. The illustration is partially cut off on the left side.

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