



**P** 0800 299 100  
**A** Level 3, 5-7 Vivian Street, Te Aro, Wellington 6011  
**A** PO Box 7309, Newtown, Wellington 6242  
**W** Visit the Skylight hub: [skylight.org.nz](http://skylight.org.nz)

## Men's Grief and Wellbeing Full Day Workshop

**Date:** Friday, 28 September 2018

**Time:** 9:30am – 3:30pm

**Venue:** Upper Hutt Cosmopolitan Club, 11 Logan St, Ebdentown, Upper Hutt

**Cost:** \$140.00

This workshop will examine men's grief responses and gender-responsive support to promote resilience and wellbeing. We will cover evidence-based tools and strategies to enhance your knowledge to effectively support men who are grieving a significant loss, or who have experienced trauma. The workshop will include special guest Steve Joll (The Breeze FM), who will tell his story of grief, and facilitate an open panel for participants to ask questions and share their experiences of working with men around tough issues. We will also explore the influence of masculinity on men's mental wellbeing and what this means for promoting men's mental health.

### **At the end of the workshop, participants will have a greater understanding of:**

- Men's grief experiences and practices in relation to different types of loss
- Masculine grief styles
- How men cope with and manage grief
- Concepts of effective helping, solutions-focused, strengths-based and gender-responsive support
- The gendered nature of men's emotional practices and their implications for hindering or helping men's mental health
- Men's diverse social support networks
- Formal help-seeking practices of men who may be struggling with their mental health

### **Who should attend?**

This workshop is suitable for professionals supporting men who have experienced grief, loss, and/or trauma. This includes clinicians, counsellors, therapists, social workers, residential workers, SWIS, RTLBs and other professionals from a wide range of sectors.

*The* **right help**     *at the* **right time**     *in the* **right way**



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## About the facilitators

### Dr. Chris Bowden (BA (Hons), MA, Ph.D Health)

Chris is a lecturer in the School of Education at Victoria University of Wellington. He teaches in the area of child and adolescent mental health, human development and in the Masters of Educational Psychology. His areas of teaching expertise include child maltreatment, abuse and neglect, adolescent development and psychopathology, coping, resiliency and post-traumatic growth. Chris's research has focused on family resiliency, adolescent suicide and suicide bereavement. Chris delivers professional development and education to a wide range of education, health and social service providers. Chris is also an agent of the Regional Child and Youth Mortality Review Group which works to make recommendations to prevent deaths and improve systems and responses. Chris is an advocate of solutions-focused approaches and trauma-informed care.



### Dr. Sarah McKenzie (BSc (Hons), DPH, MPH, PhD)

Sarah began working in the Suicide and Mental Health Research Group in 2010. She has worked on a range of projects in the areas of primary mental health care, suicide and suicide prevention. Most recently she was an investigator on the Suicide Mortality Review Feasibility Study (funded by the Health Quality and Safety Commission on behalf of the Ministry of Health).

Sarah recently finished her PhD using masculinities theory to examine men's everyday mental health experiences, the relationship between men's emotional practices, social relationships and mental health outcomes, and the links between masculinity and men's mental health promotion strategies.



**Registration is essential. Please send your name, organisation, and contact details to [pd@skylight.org.nz](mailto:pd@skylight.org.nz)**

The right help at the right time in the right way

## Men's Grief and Wellbeing Workshop 2018 Registration Form

<b>Attendee Information</b>	
Full Name:	
Job Title:	
Email:	
Phone No:	Mobile:
<b>Invoice to:</b> <i>(Registration confirmed once payment received)</i>	
Organisation:	
Email:	
Address/PO Box:	
City:	Postcode:
Phone No:	Mobile:

### Workshops – Registration essential

28 September 2018	Men's Grief and Wellbeing Full Day Workshop	Upper Hutt 9.30am – 3:30pm	\$140.00	✓
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#### Payment options: Tick box

Online banking: 06-0501-0788246-26 reference PD, date of workshop and your surname  
*e.g. PD 14 April Baxter*

Invoice  
 Purchase Order Number: .....

Tick the box if you would like to receive updates regarding Skylight's other professional development workshops

Email to [pd@skylight.org.nz](mailto:pd@skylight.org.nz) or post to: Skylight, PO Box 7309, Newtown, Wellington 6242

**Note: Morning tea and light lunch provided. Please advise of any dietary requirements.  
 Refunds will not be issued if cancellation is received less than 7 days prior to the workshop.**