

# RAISING RAINBOWS PARENTING WORKSHOPS

with Anmol Chawla and Dr Kirsten Davis

Anmol is a LGBTQIA+ affirmative Clinical Psychologist who uses evidence-based therapeutic approaches, including CBT, ACT, and mindfulness-based practices, to help clients achieve balance and fulfillment in life. He specializes in treating mental health issues such as anxiety, depression, and trauma, and prioritizes building a strong therapeutic relationship with his clients.



Dr Kirsten Davis is a Clinical Psychologist and CEO of The Psychology Group. She is a local mum to two children. Kirsten has extensive experience in both working therapeutically with children, adolescents and families; and in training and consulting to professionals. She is passionate about supporting the development of “emotional literacy” - the ability to observe and describe emotions and the positive impact this has on relationships and the way we experience the world.

In this talk, we will discuss the importance of supporting our Rainbow kids - children and young adults who identify as LGBTQTakatapui+. We will begin by exploring the spectrum of gender and sexuality, and how it can manifest in children. Our rainbow rangatahi will often face unique challenges and may experience discrimination, bullying, and exclusion from their peers. As parents, caregivers, educators, and community members, it is our responsibility to create safe and inclusive spaces for these children to thrive. We will then delve into strategies for supporting Rainbow kids, including the use of inclusive language, advocating for rainbow rights and protections, providing access to resources and support groups, and fostering a culture of acceptance and understanding. By working together, we can ensure that all children, regardless of their sexual orientation or gender identity, feel valued and respected for who they are.

**Date:** Tuesday 30th May  
**Time:** 6.45pm arrival for 7.00pm Start  
**Where:** Howick College - Bill Dimmery Performing Arts Centre - Sandspit Rd, Howick  
**Cost:** \$5 cash koha/donation at the door would be appreciated

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