



# Are you interested in **FREE** Driving Lessons?

Welcome to **Migrant Women**

## **Wellbeing Programme**



**Healthy Lifestyle:** Improve knowledge of the NZ health system, women's health and healthy lifestyle



**Driving Lesson & Education:** Gain driving skills and confidence in driving on the road



**English Confidence Class:** Kiwi English and Culture to build confidence in speaking with others

**When: 10:30am - 12:30pm, Tuesday,  
starting from September, for 5 weeks**

**Where: In person or Zoom meeting (TBC)**

This 5-weeks combined programme aims to empower migrant and former refugee background women to live more independently and promote their quality life in Aotearoa New Zealand. It will help you to be more confidence of Kiwi English & culture, learn the skills how to engage with people with other culture, gain knowledge of local healthcare system, and learn the driving skills.

Participants will attend a morning session every Tuesday for five weeks, followed by up to free five road driving lessons.

For more information and enrolment, please contact a Programme Coordinator, Jian Chen on (09) 815 2338 or text 022 464 7441, email: [Jian.chen@asiannetwork.org.nz](mailto:Jian.chen@asiannetwork.org.nz)