

Family Resilience Programme



iosis
transforming
family life for good

A course covering a collection of topics aimed at giving families useful tools for relationships and daily life.

www.iosis.org.nz

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About the Family Resilience Programme

Are you worried about your relationships? Are others concerned about your family? Come along to this unique group programme for individuals and couples. You will learn new skills and ways of coping, with others who may feel the same as you do.

Course Content

- Waka Warrior - Follow three tamariki sail New Zealand
- Whakapapa - Who am I? Where do I come from?
- Relationships - myself, partner, whanau
- Family structure - Building a strong whare

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| Week 1: | Waka Warrior - Nga Whare Tapa Wha Model |
| Week 2: | Waka Warrior - Colonization/Grief |
| Week 3: | Waka Warrior - Whakapapa/Hurt Model |
| Week 4: | Waka Warrior - Five Love Languages |
| Week 5: | Waka Warrior - Love and Respect |
| Week 6: | K.W.M.1 - Kitchen Table/Family Structure |
| Week 7: | Building a knew Whare/Gold Coin Theory |
| Week 8: | K.W.M 3 - The Normal Family/Change Cycle |
| Week 9: | K.W.M 4 - Parent/Coach/Parenting |
| Week 10: | Celebrating Raro/Poroaki |

Length of Programme

Twice a week for 9 weeks.

Cost

This course is free

Childcare

Childcare not available

When

Term 4 Dates 2021

Two sessions a week online

Tuesdays, 10.00am - 11:30am

Wednesdays, 10:00am - 11:30am

Starts: 19th October 2021

Zoom details will be emailed to participants closer to the start date.