

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

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 new 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

Once a week for 9 weeks.

Cost

This course is free

Childcare

Childcare not available

When

Term 4 2022 Dates

Tuesdays 9:00am - 12:00pm

Starts: 18th October 2022

Ends: 13th December 2022