

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 sial 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 - Colonisation/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

Once a week for 10 weeks.

Cost

This course is free

Childcare

Children are not permitted to attend this programme

When

Term 1, 2019

Tuesdays, 9:00am - 12:00pm

Starts: 5th February 2019

Ends: 9th April 2019

Please be on time, doors will close at 9:10am