

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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Phone 269 0050 enquiries@iosis.org.nz

About the Family Resilience Programme

Ko wai ahau - Who am I? 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 NZ
- Whakapapa - Who am I? Where do I come from?
- Relationships - myself, partner, whanau
- Kotahitanga Whanau Model 1-4

Session 1 Waka Warrior - Nga Whare Tapa
Wha Model

Session 2 Waka Warrior - Colonization/Grief

Session 3 Waka Warrior - Whakapapa/Hurt Model

Session 4 Waka Warrior - Five Love Languages

Session 5 Waka Warrior - Love and Respect

Session 6 Waka Warrior - Kitchen Table/Family
Structure

Session 7 Building a new Whare/Gold Coin Theory

Session 8 Waka Warrior - The Normal Family/Change
Cycle

Session 9 Waka Warrior - Parent/Coach/Parenting

Session 10 Celebrating Raro/Poroaki

Length of Course

Once a week for 10 weeks.

Cost

This course is free.

Childcare

Childcare is not available.

When

Term 3, 2023

Tuesdays 9am to 12pm

Starts 18 July 2023

Ends 19 September 2023