

About Iosis

- We are the Auckland charity working with parents in vulnerable situations to transform their family life for good.
- We are committed to seeing families freed from long-term damage that negatively affects the next generation.
- We are leaders in the use of experiential learning programmes that transform family life.
- We connect with others, shaping our work to meet the needs and goals of the family.



Merivale

A residential programme for mums

Need a Speaker?

If your group/church would like someone to speak about our work or on any of the issues we work with around family life, we will create an individual talk or workshop to suit your needs.

Charges may apply to some groups to cover our costs.

How Merivale helps

“My parenting wasn’t good. ... I didn’t know how to love my daughter at that time, and I didn’t know how to care for my kids, because I didn’t have that role model when I was younger. ... I’ve learnt to handle my anger and my mood swings. Because out there I did not know how to handle them. I used to get stressed out, moody as, start arguments.”

Mum of four

“When I walked in I thought there was nothing I could learn. I thought, ‘Look, I’ve given up the drugs. I don’t have the ex-partner. What do I need help with?’ But when I started classes I realised the background, the underlying issues. I soon came to realise I needed a lot of help with my parenting skills. There is so much I have learnt I can’t even put it into words.”

Mum of three

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What is Merivale?

Merivale Whanau Development Centre is a six-month residential Therapeutic Community programme. Mothers who have experienced violence and addiction learn parenting skills and practical knowledge, so they can safely and protectively care for their children. Mothers and the children in their care live on site and are all proactively involved in the Therapeutic Community programme.



What is a Therapeutic Community?

In a Therapeutic Community, the community itself is the main agent of change. This is achieved through the structures and processes, social organisation, and daily routines. Individual change occurs through the experience of immersion in the community culture.

Criteria

- The mother must be able to acknowledge patterns in her life that need changing, and be willing to commit to the programme.
- They need to be available for a full-time commitment, so this is not possible for mothers who are working or training.
- It is suitable for women who have already completed an addictions programme, and/or those whose children have been in care and who are seeking to bring them back into their own day-to-day care.
- Day attendance is possible under special arrangement.

Weekly programme

The weekly programme at Merivale is highly structured. It includes a mix of one-on-one and group work.

Group topics cover areas such as:

- Parenting education and practice.
- Recovery from abuse and trauma.
- Addictions.
- Self-worth and self-determination.
- Mood management.
- Holistic and therapeutic self-care, which includes physical exercise, spirituality and creativity.

Mothers also receive one-on-one counselling and practical support during their stay.

Focus on children

Children at Merivale attend approved day care centres and local schools. Merivale staff provide advocacy with schools and other professionals.

Children develop secure attachments through Circle of Security (parents are engaged to be bigger, stronger, wiser and kind) and Parent Child Interaction Therapy

Referrals

Referrals can be made by Child, Youth and Family, Police, addiction services, health and education providers, refuge and community groups, and self-referrals.

Cost

Programme charges apply to Child, Youth and Family referrals.

Residents must pay rent and board.

