

Women's Supporting Safety Programme



iosis
transforming
family life for good

A group programme for women who are dealing with the effects of domestic violence and who are seeking support and encouragement to move forward with their lives.

www.iosis.org.nz

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Phone 269 0050 enquiries@iosis.org.nz

About Women's Supporting Safety Programme

Women's Supporting Safety Programme – Te Roopu Tautoko Mo te Haumarua Wahine is a programme that will support and encourage you to not only hold on to yourself, but to find a safe place to dig your roots into. The programme content will grow and nurture you, so you can grow and nurture your whanau and tamariki. "Like the pohutukawa, when the storms blow, it is all about holding on to the edge of the cliff and making it through to the next day."

What does this programme cover?

Topics covered will be:

Week 1	Your rights to security and safety.
Week 2	Reviewing current safety plans and safe boundaries
Week 3	Understanding the cycles of abuse, power and control.
Week 4	The impacts of abuse on whanau
Week 5	Exploring who you are and your strengths
Week 6	Resilience and vulnerability.
Week 7	Te Whare Tapa Wha and self-care.
Week 8	Future planning
Week 9	Graduation

Cost and length of programme

This programme is free and runs for 9 weeks.

Referrals

Referrals can be made by anyone – self, family, doctors, lawyers, social workers, Oranga Tamariki.

When

Term 3 2021, Dates

Tuesdays, 9:30am - 11:30am

Starts: 3rd August 2021

Ends: 28th September 2021