

# 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](http://www.iosis.org.nz)

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## About Women's Supporting Safety Programme

Women's Supporting Safety Programme – Te Roopu Tautoko Mo te Haumaru 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:

- Your rights to security and safety
- The Analogy of the Pohutukawa Tree -
- Instillation of HOPE
- Maslow's Hierarchy of Needs
- Safety plans - Goals, Barriers, Actions
- Understanding the cycles of abuse, power and control
- Boundaries - Healthy as opposed to Unhealthy
- The Seen and Unseen - Johari's Window
- Resilience and vulnerability
- Te Whare Tapa Wha - Bringing it all together -
- Wellbeing
- Family Systems - Roles within Whanau

## Cost and length of programme

This programme is free and runs for 10 weeks.

## Referrals

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

## When

Term 1, 2020 Dates  
Wednesdays, 12:30pm - 2:30pm

Starts: 5th February 2020  
Ends: Tuesday 7th April 2020

Please be on time, doors will close 12:40pm