

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:

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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-Well being
Family Systems - Roles within Whanau

Cost and length of programme

Free programme runs once a week for 10 weeks ONLINE

Referrals

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

When

Term 4 2020 Dates

Wednesdays, 12:30pm - 2:30pm

Starts: 14th October 2020

Ends: 16th December 2020

Zoom link will be sent to all participants before the start date