

## Youth in Action ~ Rangatahi Toa

A group for 13-15 year old girls who have experienced Family Violence or Trauma.

A 10 week programme Mondays 4pm – 6pm. (not held in school holidays).

### Sessions include:

- Impact of Family Violence
- Who is responsible for the violence?
- Identifying and understanding emotions
- Helpful and unhelpful anger
- Grief and Loss
- Change
- Self image
- Relationships, intimacy, and friendships
- Alcohol and drugs
- Peer pressure
- Staying safe

This is an experiential group which uses a range of creative and fun ways of engaging and supporting youth.



# Family Action

247 Edmonton Road  
Te Atatu South

## Who should come?

It is suitable for any young person who may be living or has lived in an unsafe environment and could benefit from some insight, skills, and strategies for coping. There will be liaison with parents/caregivers.

## Dates

The group will run in Term 1, 2014.

The dates are:

3<sup>rd</sup> of February

10<sup>th</sup> of February

17<sup>th</sup> of February

24<sup>th</sup> of February

3<sup>rd</sup> of March

10<sup>th</sup> of March

17<sup>th</sup> of March

24<sup>th</sup> of March

7<sup>th</sup> of April

14<sup>th</sup> of April

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