

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:

3rd of February

10th of February

17th of February

24th of February

3rd of March

10th of March

17th of March

24th of March

7th of April

14th of April

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