



Mid - South Island Women's Refuge
& Family Safety Services

Stepping Stones and Sweet As

Children / Tamariki Programmes



**Group and Individual
Programmes Available**

Women's Refuge Breaking the Cycle of Violence

Mid - South Island Women's Refuge
& Family Safety Services
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Mid-South Island Womens Refuge
& Family Safety Services
are supported by:

The National Collective of
Independent Women's Refuges

Ministry of Social Development

Ministry of Justice

Pub Charities

Southern Trust

Patricia France Charitable Trust

NZ Lotteries



Course Outline

| | |
|------------|---|
| Session 1 | Getting to know each other. |
| Session 2 | What is abuse? Feeling is "SAD" |
| Session 3 | It's OK to be angry. Feeling is "ANGRY" |
| Session 4 | Its not my fault. Feeling is "CONFUSED" |
| Session 5 | It's OK to talk about abuse Feeling is "BRAVE" |
| Session 6 | I'm not the only one whose parents fight. Feeling is "HURT" |
| Session 7 | My body is private. Feeling is "AFRAID" |
| Session 8 | I can be strong without being abusive. Feeling is "STRONG" |
| Session 9 | I have the right to be safe. Feeling is "HAPPY" |
| Session 10 | Goodbyes |

Children growing up in violent homes can feel -

Powerless

- they cannot stop the violence

Confused

- it doesn't make sense

Angry

- it should not be happening

Guilty

- they think they have done some thing wrong

Sad

- it is a loss

Afraid

- they might be hurt, they may lose someone they love, others may find out

Alone

- they think it is only happening to them



We aim to -

- » Show children new ways of behaving
- » Provide a safe and confidential environment to encourage children's development and self-esteem
- » Emphasis positive and non-violent behaviours

KIA KAHA
BE STRONG

