



Navigators Games Group for Kids 5 -7 years

Currently online via video call sessions with facilitators, physical resources mailed.

Navigators programs draw on cognitive behavioural theory, acceptance commitment theory, and Te Whare Tapa Whā framework, with a focus on building resilience through culturally appropriate skills and strategies. The skills we help kids develop have a strong evidence-base around reducing anxiety and increasing wellbeing. The games group is designed for younger children who learn these skills best alongside their primary caregiver, drawing on attachment theory.

Whānau are empowered to play an integral part in supporting their child to learn, use and maintain these skills and strategies.

Details

- ✓ Navigators Games Group is a holistic program that **requires whānau participation**.
- ✓ Caregivers attend an introductory evening (*via Zoom*) before the program starts.
- ✓ Age appropriate stories and games to play with caregiver, designed for children aged 5 - 7.
- ✓ **6 x one hour sessions over six weeks**. Education is provided each week to explain how games contribute to development of resilience.
- ✓ **You contribute \$100 towards the cost for your place on the program**, Anxiety New Zealand are subsidising \$200 of the cost for your child's place. We are a charity and do not have enough funding at this time to run this program without your contribution of \$100. Call us on 09 846 9776 for information on WINZ funding you can apply for or find info [here](#).
- ✓ **Due to Covid-19 restrictions and uncertainty, we are only running online**. The program has the same structure, content, and time with facilitators as it would if it was in-person, we are just meeting in your living room instead of at the clinic or community centre.
- ✓ **To apply**: see website [here](#) or email us on reception@anxiety.org.nz or call 09 846 9776.

Further Information

Anxiety New Zealand programs are produced for our multicultural New Zealand society, while, at the same time acknowledging the principles of the Treaty of Waitangi, the bicultural foundations of Aotearoa. Tikanga Māori is valued and promoted.

The Navigators program incorporates aspects of te ao Māori and is an evidence-informed program grounded in • Cognitive Behaviour Theory • Acceptance Commitment Theory • Te Whare Tapa Whā.

Anxiety New Zealand Trust

Is a specialist charity providing education, support and treatment for children, young people, adults, older people and their families to support their mental health and wellbeing. Over 40 years Anxiety NZ

has helped hundreds of thousands of New Zealanders and built strong networks and trusted relationships throughout our community.