

Navigators Resilience Program for Kids 8-14 years



Currently online via video call sessions, physical resources mailed.

Navigators draws 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.

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

Details

- ✓ Navigators is a holistic program that encourages whānau participation.
- ✓ Caregivers attend an introductory evening (*via Zoom*) before the program starts.
- ✓ Age appropriate groups, designed for kids aged 8-14.
- ✓ 1 hour caregiver introductory pre-program session, then 8 x one hour sessions over eight weeks.
- ✓ **Due to Covid-19 restrictions and uncertainty, we are only running online in 2021.** 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
- ✓ **You contribute \$200 towards the cost for your child's place on the program,** Anxiety New Zealand are subsidising \$400 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 \$200. Call us on 09 846 9776 for information on WINZ funding you can apply for or find info [here](#).
- ✓ **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.