

KIA ORA AKE GROUPS

PROVIDER	GROUP NAME	NEED
ASIA FAMILY SERVICES	1. Emotion In Motion 2. Building Flourishing Friendships 3. Unlocking Super Powers	1. Emotional regulation (can be adapted to specifically focus on anxiety or anger) 2. Friendship group 3. 5 Ways to wellbeing
EMERGE	1. Friendship Groups 2. Weaving Into Wellness 3. Brave Brains 4. Change Up 5. Parent Coffee Groups	1. Friendships & bullying 2. Wellbeing for years 5-8 3. Anxiety group for years 5-8 4. Anger management 5. Weekly or monthly groups for support and psychoeducation to meet needs of parents
MAHITAHİ	1. Mauri Ake 2. Oho Ake 3. Piki Ake 4. Tipu Ake 5. Pepi Ake 6. Friendship 7. Sports Leadership 8. Drop In Workshop	1. Emotional regulation 2. Self- esteem and confidence 3. Cultural identity 4. Transition in to intermediate or high school 5. New entrant transition into primary school 6. Friendship 7. Learning leadership skills through play 8. Senior occupational therapist support
MAPU MAIA	1. My Feelings My Superpower 2. Respectful Relationships 3. Ko Wai Au	1. Emotional regulation 2. Friendships & bullying 3. Cultural identity
ODYSSEY	1. Triple R – Relationship, Regulation & Resilience 2. Kapa Haka Group 3. Matuku Moana – Mana Enhancing Skills	1. Emotional regulation 2. Friendships & bullying 3. Cultural identity
PENINA	1. Cooling The Flame 2. Recharge Programme 3. Rainbow Fish; Heart Of Friendship Programme 4. Ukulele Programme 5. Little Lights & Big Hearts	1. Emotional regulation & anxiety 2. Teamwork & communication 3. Relationship & emotional regulation 4. Cultural identity 5. Cultural identity & emotional regulation
TE WHARE RURUHĀU	1. Ngakau Kaha 2. Mauri Tau 3. Toku Haerenga 4. Hoa Manaaki 5. Nga Wahanga O Pouritanga 6. Whakarangatira 7. Brick Club (Using Lego)	1. Anxiety support – builds understanding of worry 2. Anger management and emotional regulation 3. School transitions – builds readiness and confidence 4. Social skills – supports health peer relationships and conflict resolution 5. Grief and loss – provides space to process loss and strengthen coping skills 6. Movement based resilience building builds team work and respect. 7. Builds communication, turn taking and emotional regulation through Structured building tasks.
TURUKİ	1. Brave Brains 2. Change Up 3. Tupa Ora 4. Sportsmanship	1. Anxiety 2. Anger management 3. Anxiety & friendship 4. Emotional regulation & friendship
WHANAU ORA COMMUNITY	1. Brave Brains 2. Emotional Regulation 3. Boys Friendship Group & Girls Friendship Group 4. Change Up 5. Maia 6. Weaving Wellbeing (Whatui Te Wairoa) 7. Social Media Programme 8. Bullying	1. Anxiety 2. Emotional regulation 3. Friendship 4. Anger management 5. Building confidence 6. Emotional regulation & anxiety 7. Addressing social media issues and use 8. Being bullied and being the bully how to address the issue
WHARE TIĀKİ	1. Brave Brains Group 2. Change Up 3. Whanaungatanga 4. Te Ira Tangata 5. Te Reo	1. Managing anxiety 2. Anger management 3. Building meaningful connection 4. Identity 5. Communication skills