

# KIA ORA AKE GROUPS

PROVIDER	GROUP NAME	NEED
<b>ASIA FAMILY SERVICES</b>	<ol style="list-style-type: none"> <li>1. Emotion In Motion</li> <li>2. Building Flourishing Friendships</li> <li>3. Unlocking Super Powers</li> </ol>	<ol style="list-style-type: none"> <li>1. Emotional regulation (can be adapted to specifically focus on anxiety or anger)</li> <li>2. Friendship group</li> <li>3. 5 Ways to wellbeing</li> </ol>
<b>EMERGE</b>	<ol style="list-style-type: none"> <li>1. Friendship Groups</li> <li>2. Weaving Into Wellness</li> <li>3. Brave Brains</li> <li>4. Change Up</li> <li>5. Parent Coffee Groups</li> </ol>	<ol style="list-style-type: none"> <li>1. Friendships &amp; bullying</li> <li>2. Wellbeing for years 5-8</li> <li>3. Anxiety group for years 5-8</li> <li>4. Anger management</li> <li>5. Weekly or monthly groups for support and psychoeducation to meet needs of parents</li> </ol>
<b>MAHITAHĪ</b>	<ol style="list-style-type: none"> <li>1. Mauri Ake</li> <li>2. Oho Ake</li> <li>3. Piki Ake</li> <li>4. Tipu Ake</li> <li>5. Pepi Ake</li> <li>6. Friendship</li> <li>7. Sports Leadership</li> <li>8. Drop In Workshop</li> </ol>	<ol style="list-style-type: none"> <li>1. Emotional regulation</li> <li>2. Self- esteem and confidence</li> <li>3. Cultural identity</li> <li>4. Transition in to intermediate or high school</li> <li>5. New entrant transition into primary school</li> <li>6. Friendship</li> <li>7. Learning leadership skills through play</li> <li>8. Senior occupational therapist support</li> </ol>
<b>MAPU MAIA</b>	<ol style="list-style-type: none"> <li>1. My Feelings My Superpower</li> <li>2. Respectful Relationships</li> <li>3. Ko Wai Au</li> </ol>	<ol style="list-style-type: none"> <li>1. Emotional regulation</li> <li>2. Friendships &amp; bullying</li> <li>3. Cultural identity</li> </ol>
<b>ODYSSEY</b>	<ol style="list-style-type: none"> <li>1. Triple R – Relationship, Regulation &amp; Resilience</li> <li>2. Kapa Haka Group</li> <li>3. Matuku Moana – Mana Enhancing Skills</li> </ol>	<ol style="list-style-type: none"> <li>1. Emotional regulation</li> <li>2. Friendships &amp; bullying</li> <li>3. Cultural identity</li> </ol>
<b>PENINA</b>	<ol style="list-style-type: none"> <li>1. Cooling The Flame</li> <li>2. Recharge Programme</li> <li>3. Rainbow Fish; Heart Of Friendship Programme</li> <li>4. Ukulele Programme</li> <li>5. Little Lights &amp; Big Hearts</li> </ol>	<ol style="list-style-type: none"> <li>1. Emotional regulation &amp; anxiety</li> <li>2. Teamwork &amp; communication</li> <li>3. Relationship &amp; emotional regulation</li> <li>4. Cultural identity</li> <li>5. Cultural identity &amp; emotional regulation</li> </ol>
<b>TE WHARE RURUHĀU</b>	<ol style="list-style-type: none"> <li>1. Ngakau Kaha</li> <li>2. Mauri Tau</li> <li>3. Toku Haerenga</li> <li>4. Hoa Manaaki</li> <li>5. Nga Wahanga O Pouritanga</li> <li>6. Whakarangatira</li> <li>7. Brick Club (Using Lego)</li> </ol>	<ol style="list-style-type: none"> <li>1. Anxiety support – builds understanding of worry</li> <li>2. Anger management and emotional regulation</li> <li>3. School transitions – builds readiness and confidence</li> <li>4. Social skills – supports health peer relationships and conflict resolution</li> <li>5. Grief and loss – provides space to process loss and strengthen coping skills</li> <li>6. Movement based resilience building builds team work and respect.</li> <li>7. Builds communication, turn taking and emotional regulation through Structured building tasks.</li> </ol>
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<b>TURUKI</b>	<ol style="list-style-type: none"> <li>1. Brave Brains</li> <li>2. Change Up</li> <li>3. Tupa Ora</li> <li>4. Sportsmanship</li> </ol>	<ol style="list-style-type: none"> <li>1. Anxiety</li> <li>2. Anger management</li> <li>3. Anxiety &amp; friendship</li> <li>4. Emotional regulation &amp; friendship</li> </ol>
<b>WHANAU ORA COMMUNITY</b>	<ol style="list-style-type: none"> <li>1. Brave Brains</li> <li>2. Emotional Regulation</li> <li>3. Boys Friendship Group &amp; Girls Friendship Group</li> <li>4. Change Up</li> <li>5. Maia</li> <li>6. Weaving Wellbeing (Whatui Te Wairoa)</li> <li>7. Social Media Programme</li> <li>8. Bullying</li> </ol>	<ol style="list-style-type: none"> <li>1. Anxiety</li> <li>2. Emotional regulation</li> <li>3. Friendship</li> <li>4. Anger management</li> <li>5. Building confidence</li> <li>6. Emotional regulation &amp; anxiety</li> <li>7. Addressing social media issues and use</li> <li>8. Being bullied and being the bully how to address the issue</li> </ol>
<b>WHARE TIĀKI</b>	<ol style="list-style-type: none"> <li>1. Brave Brains Group</li> <li>2. Change Up</li> <li>3. Whanaungatanga</li> <li>4. Te Ira Tangata</li> <li>5. Te Reo</li> </ol>	<ol style="list-style-type: none"> <li>1. Managing anxiety</li> <li>2. Anger management</li> <li>3. Building meaningful connection</li> <li>4. Identity</li> <li>5. Communication skills</li> </ol>