

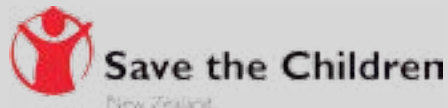
# Support for families and children

Save the Children is working with local organisations to offer *Journey of Hope* to families and their children. *Journey of Hope* are programmes that have been developed to build resilience and coping skills for individuals and communities who have experienced an emergency situation.

*Journey of Hope* programmes were created by Save the Children in the US to help families and children as they rebuilt their lives following Hurricane Katrina in 2005. They have been adapted for use in New Zealand and Save the Children is partnering with local organisations to make the programmes widely available to families and children in Christchurch.

*Journey of Hope* programmes suit different age groups including:

- Parents and caregivers
- Junior for under 5s
- Primary for 5-12 year-olds
- Teen for 13-17 year-olds

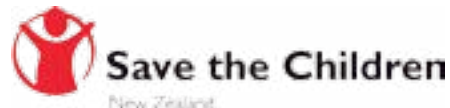


*Journey of Hope* are Save the Children programmes delivered in partnership with other local organisations in New Zealand to help support families and children following the Christchurch earthquake.


Save the Children acknowledges the support of its programme delivery partners in making these programmes available to the children and families of Christchurch.

Programme delivery partners have been trained by Save the Children to deliver the *Journey of Hope* programmes following the Christchurch earthquake 2011.

## Journey of Hope programme delivery partners:



# Journey of Hope



Save the Children



Support for families and children following the Christchurch earthquake 2011



## How Journey of Hope works

*Journey of Hope* focuses on an individual's strengths by building on their existing resilience and enhancing positive coping skills. This psychosocial support is neither counselling nor focused on trauma. *Journey of Hope* is a series of programmes for children and adults that are designed to:

- support children and caregivers in understanding and normalising emotions associated with difficult circumstances and adversity
- support children and caregivers in developing positive coping strategies to deal with their emotions
- build on the inner strengths of children, families, schools and communities to further develop positive coping strategies
- develop a person's sense of hope and future by empowering them to feel more in control.

## Journey of Hope for parents and caregivers

This programme for adults is a three-hour session that covers topics including understanding stress, relaxation, self-care, future planning and community reflection. This programme is designed to help you build your own resilience and increase your capacity to support children.

## Journey of Hope for children and young people

There are three different *Journey of Hope* programmes designed specifically for children and young people.

The programmes for children involve tailored activities including books and dialogue, cooperative games, art and music. The sessions help to create a feeling of safety as well as helping children to understand and cope with feelings of anxiety, anger, sadness and fear. They are an opportunity to build self esteem.

- *Junior Journey of Hope* is for children under 5
- *Primary Journey of Hope* is for children ages 5-12
- *Teen Journey of Hope* is for youth ages 13-17

All programmes for children and young people involve eight sessions twice a week for a month that run for a maximum of one hour.

All *Journey of Hope* programmes are provided by trained facilitators.

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**For more information and to register for a Journey of Hope programme please call 0800 167 168 or visit [www.savethechildren.org.nz](http://www.savethechildren.org.nz)**