

# ENGAGEMENT SERVICES



## PROGRAMMES AND SERVICES FOR 2023

CHECK OUT SOME OF OUR OPTIONS THAT  
MIGHT SUIT YOUR SPACE!

# PROGRAMMES

## MĪHARO

Miharo is our 5 week programme developed for intermediate aged students. Sessions in our course include skills for forming positive relationships, communication skills, emotional and self regulation, self worth and self value. We deliver this programme through games, activities, group work and discussion.

## PEER SUPPORT TRAINING

A personal development programme aimed at helping young people support their friends when they need help. This programme teaches communication skills, confidentiality, limits and boundaries, self care and more. We can run this as part of a leadership development course.

## FLOW GROUP

A 4 week social communications programme that shares skills and tools for young people who would benefit from learning about and practicing social cues and gestures, communication skills, and skills on keeping a conversation flowing.

## SKILLS FOR LIFE

This programme shares ideas and tools around living a wholesome life and equipping young people to thrive. Topics covered include hygiene, communication skills, healthy relationships, healthy bodies and minds.

## BESPOKE GROUPS

We can create something unique that works for you! Recent examples include a special needs group and a Pasifika leaders group.

# WORKSHOPS & SERVICE BRIEFS

## WORKSHOPS

We have developed a series of one-off workshops for classrooms and small to medium sized groups. Our list of available workshops are:

- Consent
- Healthy Relationships
- Self Confidence/Self Worth
- LGBTQIA+ Awareness
- Healthy Bodies
- Effects of Alcohol
- Mediating
- Self-Care
- Communication
- Accepting Others

Other topics can be discussed and a unique workshop can be tailored to suit the specific needs of your young people.

## SERVICE BRIEFS

The Engagement Services Team are available to join your assemblies, staff events or specific classrooms to share about the work that we do as an organisation and how we can help young people access services that they need to support their wellbeing.

## SPECIALIST PRESENTATIONS

We have recently begun developing presentations that are able to be shared to larger groups of young people on specific topics. One example is a presentation on vaping undertaken in collaboration with our Alcohol and Drugs clinician. We are able to develop presentations on other topics that address the needs or concerns of your young people.

## SOMETHING ELSE?

None of these, but got another idea? Just ask!

# GET IN TOUCH!

Here's a few highlights from this year! Thank you to all our community partners and stakeholders for working with us this year, and we look forward to 2023!



## Contact Details



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