

real
ahakoa te aha

Real Talk

Ōtautahi

Thank you for taking the time to connect with us.

If you have any taiohi you feel would benefit from this programme, please feel free to fill out a referral form and email it to Real Talk, or call us for more information.

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Real is the youth branch of Pathways. Part of the Wise Group.

  @realNZyouth

www.real.org.nz



About Real Talk

Real Talk is a 10-week programme for taiohi aged 12-24 years who need extra support around managing anxiety, depression and/or stress related behaviours.

It's aimed at taiohi with mild to moderate needs. Real Talk is designed to help:

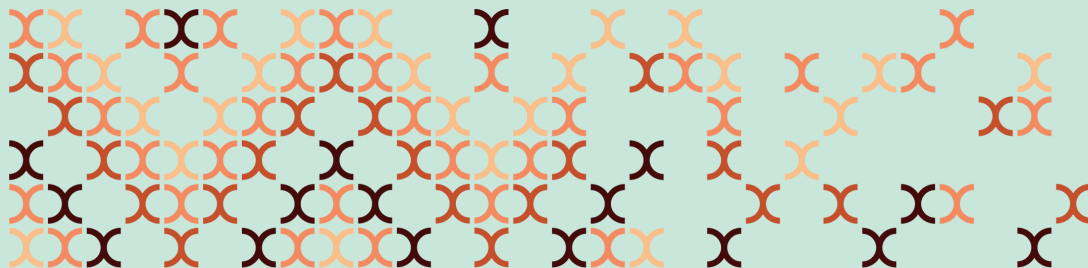
- develop self-esteem and self-confidence
- manage and reduce anxiety and depressive symptoms using Cognitive Behaviour Therapy (CBT), sensory modulation, and mindfulness tools
- maintain and develop positive relationships
- decrease feelings of isolation and loneliness, and strengthen resilience.

The four cornerstones of health

Our core focus is on working towards wellbeing using Te Whare Tapa Whā as our foundation.

We believe that in order to feel a sense of balance our taiohi need to understand the importance of, and work towards wellbeing in, each of the four dimensions:

- Taha tinana (physical health)
- Taha wairua (spiritual health)
- Taha whānau (family health)
- Taha hinengaro (mental health)



Groups and meeting times

Real Talk groups meet weekly in two different age groups:

- 12-15 years old - Mondays, 4-6pm
- 15-18 years old - Wednesdays, 4-6pm

Please contact us to discuss groups for 18+.

Real Talk 10-week programme outline

Week 1: Introductions and wellbeing

Whanaungatanga, setting our foundation with Te Whare Tapa Whā.

Week 2: Hopes and dreams

Goal setting.

Week 3: Anxiety and depression

Better understand anxiety and depression and recognise its symptomology.

Week 4: Sensory modulation and mindfulness

Introduce the concept of sensory modulation and mindfulness, and learn how to apply it to our own lives.

Week 5: Knowing our thinking (CBT)

Connecting our beliefs, our thoughts, our feelings, and our behaviours.

Week 6: Exploring our distortions

Thinking traps.

Week 7: Knowing our thinking (CBT)

Balancing our thoughts.

Week 8: What's on top?

This session may explore healthy relationships, ways to best use technology, journaling etc.

Week 9: Adventure activity

Group outing.

Week 10: Celebration

Reflection, acknowledgement and a party!

Some one-to-one, goal-based support is available, please contact the Real team to discuss this further.