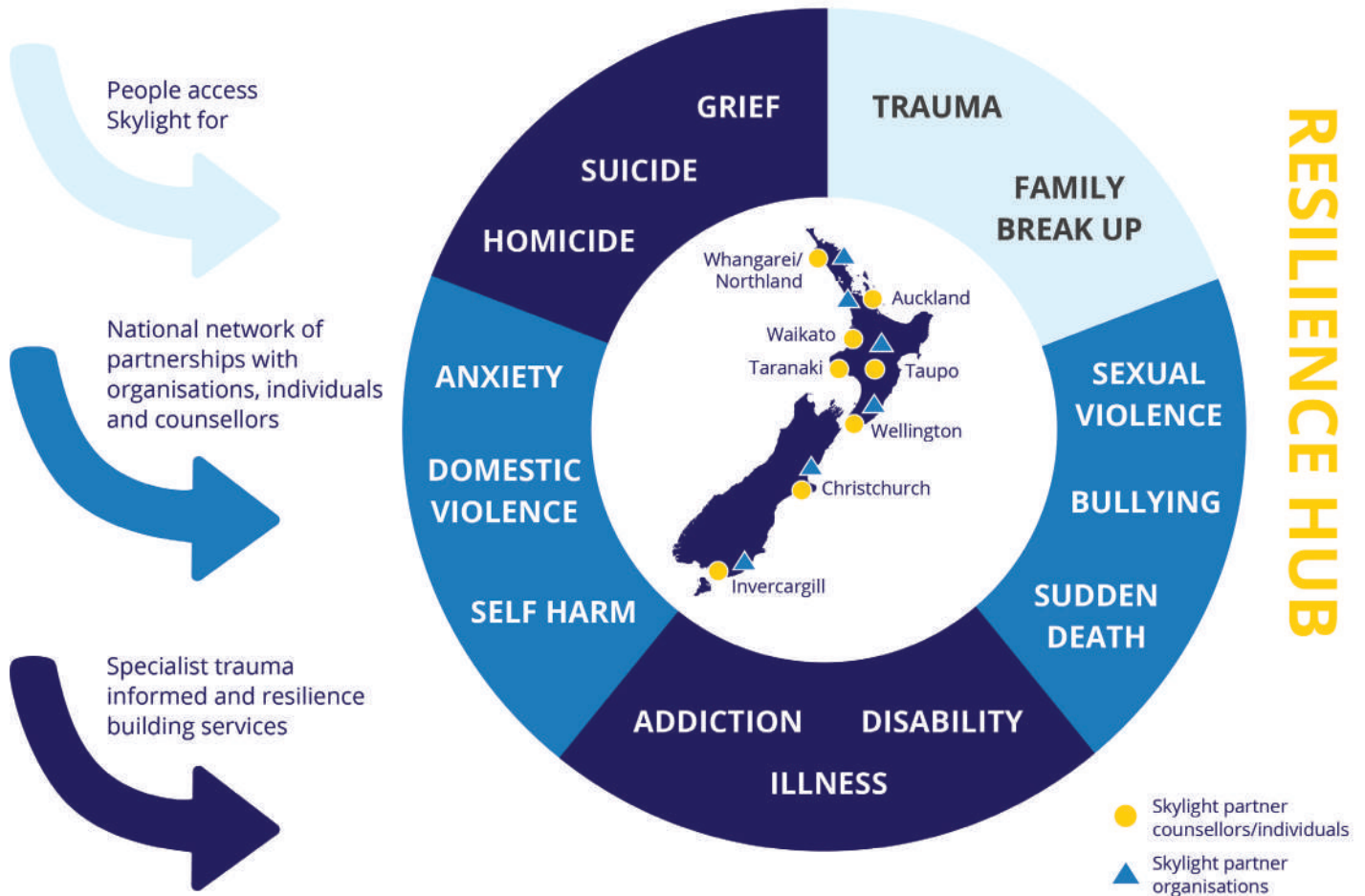




Building resilient
**children, young people,
whānau and communities**

Building resilient children, young people, whānau and communities



Who we support

Supporting children, young people, and their whānau to navigate through tough times by building **RESILIENT INDIVIDUALS and COMMUNITIES**



What we deliver

- Resilience programmes
- School programmes
- Suicide prevention programmes
- Post suicide support
- Support groups
- Professional development
- Counselling
- Training
- Games/DVD/Library
- Specialist support information
- Research
- Children's programmes
- Advocacy and support
- Suicide services
- Webinars
- Web-series

How we deliver

- High quality one stop shop through the Resilience Hub
- Increased accessibility to diverse communities
- Innovative, flexible and forward thinking
- Digital products and resources
- Growing community through partnering and networks
- Building community knowledge and capability
- National Network of specialist facilitators and trainers

The right help at the right time in the right way

Hello, we're Skylight

Skylight is a national not-for-profit trust that supports children, young people and their whānau to navigate through tough times by building resilient individuals and communities.

A committed and experienced Board of Trustees guide the services and activities. The organisation is led by the Chief Executive Heather Henare. Alongside Heather is an external financial controller, ensuring transparency and quality independent audit practices.

The Skylight team is focused on providing the right help at the right time in the right way.

Skylight's services and programmes are built on trauma informed practice, with a focus on building resilience. Skylight delivers services directly to children, young people, and their whānau. Skylight builds the capability through the wider sector through training and professional development. Skylight has developed partnerships with a network of organisations and counsellors throughout Aotearoa that work with us to deliver services.

Skylight's new **Resilience Hub**

Our new Resilience Hub is knowledge rich, well connected, and delivers a quality one-stop-shop.

It's where you can find our online shop to purchase everything in this booklet, as well as heaps of other information and resources.

skylight.org.nz

Skylight services

Counselling

We offer counselling for children, young people, family/whānau and individuals who are experiencing any kind of grief, loss and trauma.

When working with children we have a family-centered approach, which means we include parents or caregivers and family members in the counselling process when appropriate.

Our Counsellors also work with adults who are going through difficult times and challenging life situations, either individually or as a family.

How can I make an appointment?

Contact 0800 299 100 or info@skylight.org.nz and Skylight's Counselling Coordinator will guide you through session costs, funding options available.

Resources & support packs

Online shop—skylight.org.nz

Our online shop features Skylight's own publications and other specialist titles from New Zealand and around the world.

Library

The Skylight library stocks a wide selection of specialist books, DVDs and games for all ages. These are available to loan nationwide. If there is a particular topic or resource you would like, contact us on 0800 299 100. We also offer an online borrowing service.

Personalised Support Packs

We provide free specialist support information packs tailored to specific situations. We can email or post packs to anywhere in New Zealand/Aotearoa. All of the information you provide will be kept confidential.

Building resilient communities through partnering

Skylight offers:

- Partnerships with organisations and individuals
- Professional Development Workshops
- General Workshops
- Talks
- Seminars
- Specialised Training Opportunities
- Organisational Training
- Book a speaker for training and education

Available nationwide and specially designed to suit the training needs of a group, organisation or community.

National sexual violence survivor advocate

Louise Nicholas and her Sexual Violence Survivor Advocate team help survivors of sexual violence to navigate New Zealand's complicated court and social services system, at a time when survivors feel vulnerable and hurt.

The team help to influence and change the system through legislation and government policy, and by changing community attitudes.

Contact: louise.advocate@gmail.com

Support groups

Our support groups – for adults and children – run during the year and support people when facing different challenges through receiving the benefits from therapeutic work and from meeting others in a similar situation.

Children's Resilience Groups

Skylight runs different groups aimed to support children up to 12 years old going through tough times. They are usually scheduled to take place during the school holidays.

- Bereavement Group (Loss of a loved one)
- Family Change (Family Break Up)
- Thumbs Up (Learning difficulties)
- Sharing the Journey
- Along the Track (Domestic Violence)

Waves—Suicide Bereavement

Waves is an 8-week facilitated programme that aims to support adults 18+ who have been bereaved by suicide. The programme combines learning about suicide and bereavement with group discussion and support. The groups are facilitated by two trained facilitators who support members to share and meet others who are also bereaved by suicide. The Waves Programme is available throughout New Zealand /Aotearoa.

Travellers

Travellers is Skylight's youth resilience programme and is active in over 150 schools in New Zealand. An average of 20,000 students take our Wellbeing Survey each year. Using the 'Life is a Journey' metaphor, the young people explore real-life situations and develop strategies to manage their lives. The Travellers Programme is an innovative small group programme for young people to build resilience and key life skills. Travellers is an in-school programme that enables young people to learn skills to cope with change, loss and transition and to build their self-esteem and confidence to be able to face life's future challenges. Originally developed for Year 9 students, Travellers is now also being run with Year 8 and Year 10 students.

Parenting Through Separation

Parenting Through Separation is a free information programme funded by the Ministry of Justice for individual parents who have separated, or who are contemplating separation.

Participants will be given support resources and have the chance to share their thoughts with other people - who might be in a similar situation - in a safe and confidential environment.

Skylight runs courses in Kāpiti, Lower Hutt, Porirua, Wairarapa and Wellington.

This publication was made possible by a grant from:



Ways you can help

Skylight believes everyone should have access to the right help at the right time in the right way. Those facing a financial hardship are no exception. Skylight works hard to ensure access to all who need it through a variety of funding streams; including special events, grants from philanthropic bodies, individual donations and bequests.

Skylight is a Registered Charity CC27206.

If you would like to help us to help others through life's toughest times, there are many ways you can:

Donate

Donate online at www.skylight.org.nz with a credit card, debit card, or internet banking.

Send a cheque to:

Skylight, PO Box 7309, Newtown, Wellington 6011

Alternatively, you can direct credit into our account:

SKYLIGHT ACCOUNT: 06 0501 0788246 26

NAME OF BANK: ANZ

BRANCH: Wellington Commercial, 1 Victoria Street, Wellington, New Zealand

BSB NUMBER: 06 0501

Or just call 0800 299 100 or 04 939 6767 and we can assist you.

Run your own fundraising event

Are you planning a bake sale, quiz night, a ride, a run, or even a crazy pants day? Every dollar you raise can make a big difference to someone accessing Skylight's services. If you have an idea for an event, we would love to help you get the ball rolling.

Leave a bequest

You can leave money in your will to Skylight. A bequest, no matter how big or small, will allow us to continue providing our services. Contact us if you are considering a bequest; as we would like to say thank you.

Get your company involved

Call and talk to us about how Skylight Sponsorship can benefit your business and Skylight. Skylight gives you opportunities to be the difference in many people's lives, and in return you will gain positive brand exposure, connection to our national networks, and a positive public profile (along with a great feeling of doing something meaningful in our communities).

Get your school involved

Does your school do mufti/dress up days or other similar events? Ask if they could consider Skylight as a recipient charity.

Gift your special occasion

Instead of receiving gifts you don't want or need, why not ask your friends and family to donate to Skylight for your birthday, Christmas, or other special occasion through The Good Registry (thegoodregistry.com)

Payroll giving

Payroll Giving, where offered by your employer, gives you the opportunity to donate directly from your pay and receive immediate tax credits that reduce your PAYE payable.

Give-a-little

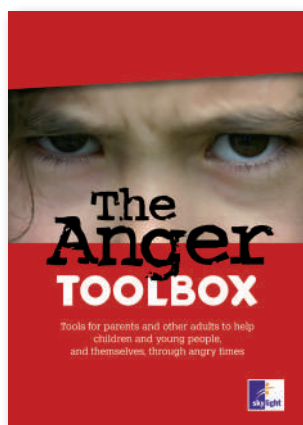
Money raised by Give-a-little goes directly to the Flashlight Fund, this fund provides access to free counselling for children, young people and whānau facing tough times, who otherwise couldn't afford it.

Whatever the size, frequency and nature of your support be assured it will be very much appreciated. Your help will be invaluable to the lives of the children, young people, whānau and communities that we support.

Skylight Publications

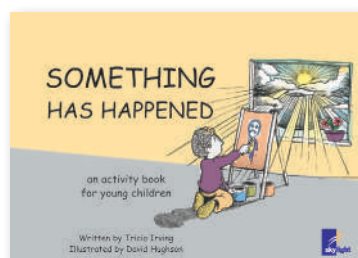
The Anger Toolbox

A practical handbook for parents and other adults caring for, or working with, children and teens – it looks honestly at what anger is, the effects it can have on us and different ways children, teens and adults can learn to manage it safely and well.



Managing Trauma, Loss and Grief in the Workplace

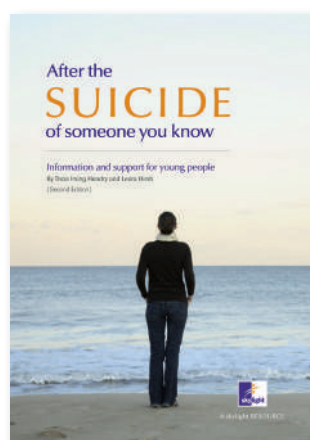
An essential resource for workplace leaders to enhance their health, safety and wellbeing culture. It addresses the challenges of trauma, loss and grief in the workplace and their implications, as well as recommended management responses.



Something Has Happened

an activity book for young children

Designed to be personalised by 3—6 years olds who are facing tough times.



After the Suicide of Someone You Know

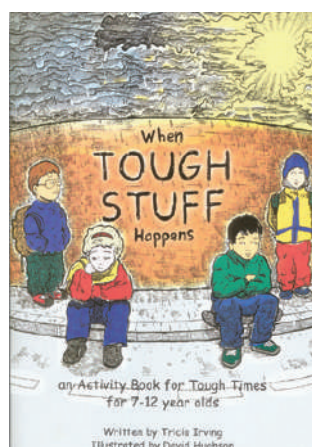
Information and support for young people

Specifically written for young people affected by the suicide of someone they know.

When Tough Stuff Happens

an activity book for tough times for 7—12 year olds

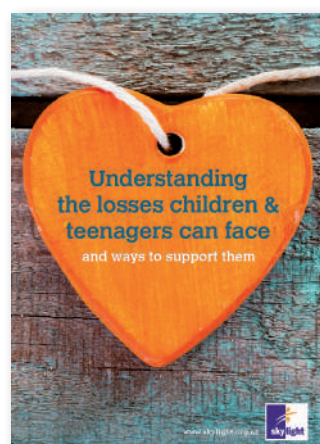
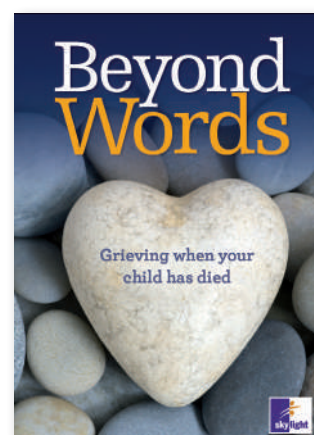
Designed to be personalised by 7—12 year olds who are facing tough stuff in their lives, whatever it is.



Beyond Words

Grieving when your child has died

A handbook to support bereaved parents, however far they are on their grief journey, with insights and comments from those who've 'been there'.



Understanding the Losses Children and Teenagers can face

and ways to support them

A very practical, easy to read handbook for adults wanting to understand and support children and teens they know who are grieving – whatever the cause. It provides valuable insights into grief, helpful ways to support them and suggestions for when extra help may be needed.



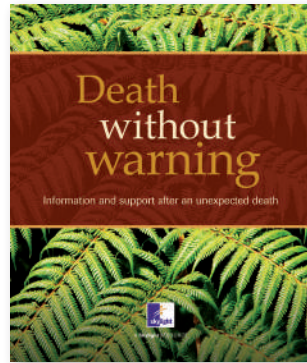
What's Happened to Baby?

An inviting, sensitively written and colourfully illustrated story for children 3—7 years old, who have had a baby die in their family/whānau.

Death Without Warning

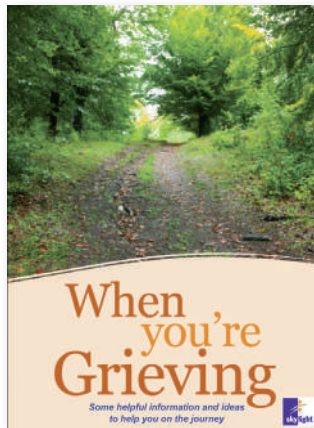
Information and support after an unexpected death

For those affected by any kind of sudden or unexpected death, this invaluable and respected New Zealand handbook offers up to date, key information to help get through this difficult and demanding time.



Grief is Like a Huge Wave...

A colourful, youth-friendly, hand sized booklet highlighting key ideas about the nature of grief and what it can be like. It also includes practical ideas about handling it.



When You're Grieving

Some helpful information and ideas to help you on the journey

Helpful information and practical strategies to help those grieving any kind of significant loss in their lives.

Memories Matter (50-Card Set)

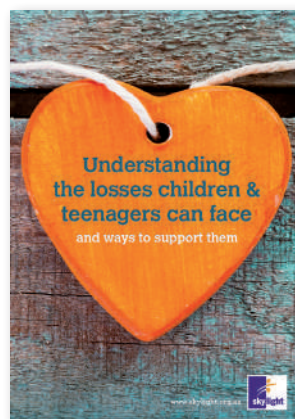
Remembering someone special who has died

A fantastic, colourful box of cards that feature activities and ideas to support bereaved people of all ages, including children and teens, to find personal ways to remember someone who has died, and to celebrate their life.



Skylight eBooks available

Five of our eBooks are available on Amazon and iTunes



Information leaflets *for young people and adults*

With photos, great graphics and clear, easy to read text, these freshly updated leaflets cover core topics and offer helpful information and practical ideas for adults and for young people 11–16 years.

For adults

For young people
11–16 yrs



Supporting someone who is grieving a loss of any kind



Keeping children safe from sexual abuse—for parents and carers



How can I help my child or teen after what has happened? Supporting your child or teen after a traumatic event



Answering a child's questions about death and dying



Supporting someone bereaved by suicide



Making a memory book or box



When your grandparent dies



When your friend dies



Supporting a friend—who is going through difficult times



When your Mum or Dad dies



When your brother or sister dies



When your pet dies

Youth leaflets

Each individual topic set features 50 fold out, pocket sized leaflets that offer young people practical, sound information and support.

Supporting a Friend

Offers insights and practical ideas for supporting a friend or family member who is going through a tough time.

Life Tips

For Tough Times

Offers key thoughts and ideas for times when 'everything sucks', including information around problem solving, sleep and positive self-talk.

Stressed Out

Looks at stress and its impact, providing practical approaches to managing stress in an ongoing, healthy way.

Heart Break

Provides practical ideas for getting through the painful time when a relationship breaks, or didn't turn out as a young person wanted it to.

New Home

Arriving to Live in a New Country

Honestly discusses the difficult issues many young people have when they migrate to a new country, whatever their circumstances. Offers ideas for managing this challenging transition time, and encouragement as they do.

Managing Anger

Helps readers understand their anger and provides practical tools for managing it if it builds up.

Anxiety

Looks at how anxiety affects young people and provides information on how to manage it.

Bereavement

Information about grief following the death of someone close to you, and tips on how to get through it.

Getting Stronger

To Face Tough Times

Uses the latest research into ways to build up personal resilience, and offers young readers many ideas and tools for becoming more resilient, to be able to face whatever life brings.

Split

When Your Parents Break Up

For young people when they are facing or going through a parental break up. Honest and direct, it reflects the difficult experiences of many young people and provides suggestions about ways to get through this time in the best way possible.

Bullying

Info for Bullies and those Being Bullied

Looks at bullying from both sides and offers different ideas for dealing with it, whether the reader is the one bullied, or the one who is doing the bullying. It gives very sound, well researched advice.

Behind Bars

When Someone's in Prison

Written for those whose lives are impacted by a family member or friend being in prison. It speaks frankly about what it can be like and offers ideas for getting through this difficult and demanding time.

Fitting In

Tackles loneliness, providing ideas for getting along with others and making friendships.



Children's support booklets *for 8–12 year olds*

Innovative support resources for 8–12 year olds on the topics below. The booklets offer an honest, personalised approach to key children's issues, and the topics selected are among the top reasons why children come to the attention of parents and professionals, including school and counsellors/psychologists. Each booklet is also based on research that's focused on what New Zealand children say bothers them the most, and on the language they use to talk about these sensitive issues.

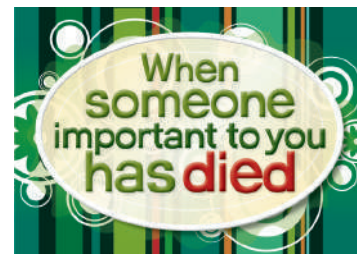
What Are You Worried About?

For children who worry a lot



When Someone Important To You Has Died

For bereaved children



Annoyed, Mad And Angry

For children needing to learn to understand and manage their anger



When Someone In Your Family Has a Mental Illness

Giving understanding, strategies to cope and ways to keep safe and ask for help



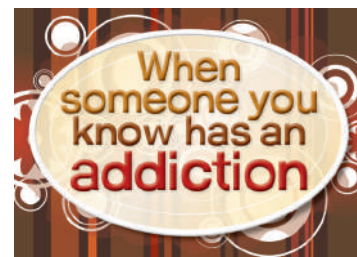
When Parents Fight

Giving strategies to cope with this situation, strong personal safety messages and ways to ask for help



When Someone You Know Has An Addiction

Giving understanding, strategies to cope and ways to keep safe and ask for help



When Parents Break Up

Addresses the common thoughts, feelings and issues involved, and ways to manage them



When Someone In Your Family is Ill or Injured...

Giving understanding and strategies to cope, and ways to find support



Living in a Blended Family

Addresses the common thoughts, feelings and issues involved, and ways to manage them



Keeping Safe

General safety strategies, body safety, thoughts & feelings if bad touching happens, ways to tell and asking for help to make it stop



The Getting Stronger Game

Building Yourself Up To Get Through Tough Times

A resilience building game for young people (8—14 years approx) who are facing tough times.

A relationship building tool for the professionals supporting them.

The Getting Stronger Game uses the non-threatening, positive power of an engaging game to give young people (8—14 years approx) an opportunity to safely talk about who they are, things they think and feel, and about ideas they can use to help manage the tough issues in their lives.

The game is intended to be used with a professional or support person who the child feels comfortable with, such as a social worker, family support worker, teacher, psychologist, or counsellor. This innovative game encourages young people to open up and gently begin first conversations around sensitive topics. The game comes with instructions and with detailed notes about how best to use it safely and effectively with a young person.

Buy the board and accessories, then purchase at least one topic card set of your choice to be able to play the game.

Getting Stronger is designed to be played with any of the topic cards available in the Getting Stronger Topic Series. This means the game can be used for a wide range of difficult life topics just by using different card sets. In this way, it can be easily tailored to the unique needs of young clients, either individually or as a group.

New topics

New topics will be added—keep an eye out for these in our online shop at skylight.org.nz

Training

Training is available to learn how to play the game effectively with young people 8—14 years and deal with the kinds of sensitive questions and issues that regularly arise.

Enquire at pd@skylight-trust.org.nz



Topic card sets available to purchase for use with the game board and accessories:

When Parents Break Up

For a young person whose parents have separated or divorced

Managing Anger

When a young person needs to learn anger management strategies

Bullying

For a young person who has experienced being bullied

Domestic Violence

When a young person has been impacted by this or witnessed it

Addiction

When a family member has an addiction

Mental Illness

When a family member has a mental illness.

Serious Illness or Injury

When a family member is injured or ill

Bereavement

When someone close to a young person has died

Disaster

When any kind of disaster has happened





Thank you

*To all of our
wonderful
supporters*

