

## FACILITATORS

Experienced facilitators from RISE support the group.

Rob Roche



Rob is a RISE Facilitator based in Kaikōura. He has held a variety of community social service roles and is working on a diploma in Social Services. He also serves his community as an elected councillor where he chairs the Kaikōura Community Services Committee. **Contact Rob: 022 323 6324**

Victor MacGill PhD.



Victor works mostly in RISE's Nelson office and sometimes assists with the Kaikōura non-violence programme and men's group. He has worked for RISE for eight years and was with the Department of Corrections for nine years. He has a PhD in systems theory and is the author of four books.

## CONTACT

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RISE is a provider of specialist family violence services. For more than 35 years, we have helped individuals and families seek and achieve real change to live healthier and safer lives.

[www.rise.net.nz](http://www.rise.net.nz)

# Kaikoura Mens Group

## Coping through stressful times

A free ongoing support group for men that gives you skills to cope with life's stresses.



**RESPECT  
INSPIRE  
SUPPORT  
EMPOWER**

## THE GROUP

Kaikōura has coped with more than its fair share of difficult times over the last decade. In the midst of major community events, about two years ago, a group of men started to meet for support.

The group has become a community resource for men who want to check in with others, seek advice for themselves, share healthy tips and reduce their stress. Meetings also feature educational films, guest speakers, and other useful activities directed by the members.

Sharing with others can help bring stability back into your life. And when you participate, others will learn and feel supported too.



“Becoming a better version of myself came with love, support and help from this group.”

## WHEN WHERE HOW

The group is a safe space for men. You will find a welcoming, caring group of others to whom you can talk about what is happening in your life.

Anyone who felt and continues to feel affected by these major disruptions to life, work, and life in our rural town can join us.

The group meets weekly on Tuesday evenings for two hours at Kaikōura High School. Get in touch with Rob Roche for more details and to register your interest.

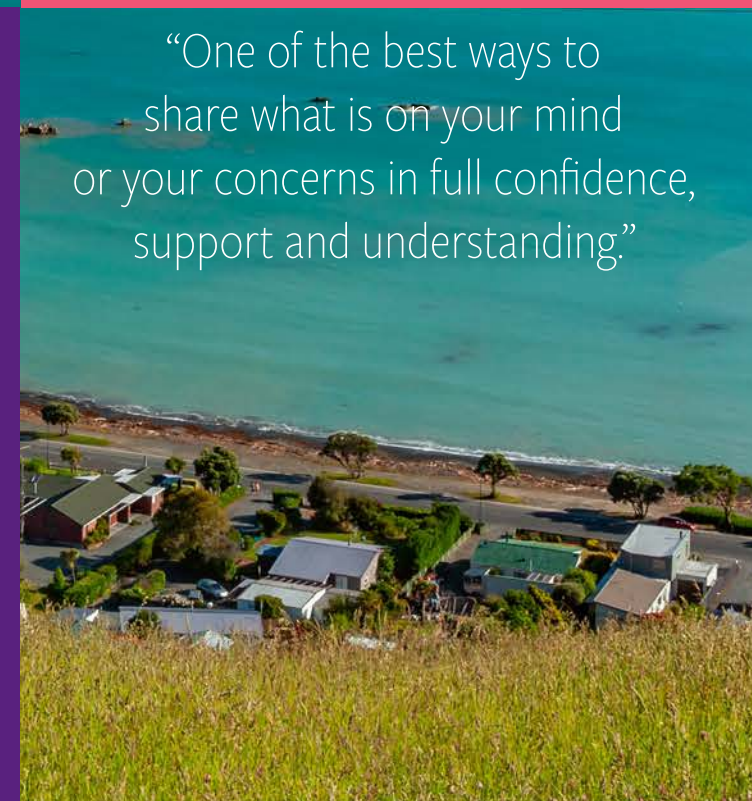


## SUPPORT

The Kaikōura Mens Group is supported by RISE, a specialist family violence organisation based in Nelson that helps people cope with difficult situations, create healthy relationships, and manage upset and anger.

In addition to the group, RISE offers one-on-one support for men and a variety of other programmes. Speak to the RISE Facilitator for more information.

This group is a joint project between RISE and the Nehemiah Trust funded by the Kaikoura Violence Free Network.



“One of the best ways to share what is on your mind or your concerns in full confidence, support and understanding.”