



CHILDREN UNDERSTANDING MENTAL ILLNESS & ADDICTION

CUMIA

It is well understood that mental illness and/or addiction affects more than just the sufferer.

The family of a person with the mental illness and/or addiction may experience loss, grief, anger, frustration and much more in dealing with the illness of a family member.

Education and understanding of mental illness and/or addiction are key factors in the recovery process.



www.able.org.nz

CUMIA (Children Understanding Mental Illness and Addiction) is a programme that addresses the needs of primary school age children who have a family/whānau member with a mental illness and /or addiction.

This can be undertaken as a group exercise, or parts can be used with individuals using activity-based exercises to aid in the understanding of mental illness and addiction in a fun appropriate way.

Providing the children with a safe space to learn and express their feelings as well as learning emotional self-regulation strategies.

Presented as a six week programme during the school term or as a school holiday programme over 3 or 4 days.

For more information feel free to contact us

admin@able.org.nz

Scan the QR code to
register interest
in the programme



Date of next programme:
