



Child to Parent Violence and Abuse (CPVA) Peer Support Group

VisAble supports a response to safeguard the rights, culture, identity, and wellbeing of tāngata and whānau whaikaha Māori, d/Deaf, tangata sa'ilimalo, neurodivergent people, disabled people, Adults at Risk, and their āiga-tele/families.

Our CPVA Peer Support Group is for people who have experienced or are experiencing child to parent violence and abuse. This includes children who are now adults.

The term 'parent' refers to any person who has a caregiving or parental role.

Aim of the group

Parents experiencing CPVA sometimes feel isolated, frustrated and helpless.

We recognise the importance of breaking down the stigma and creating a safe space to connect with other parents.

This CPVA Peer Support Group is a non-judgmental space to share knowledge, advice and provide an opportunity to be listened to and understood. The aim is to establish a healing space for parents experiencing CPVA and hold hope for change.



Principles/kawa of the group include:

- Whanaungatanga and manaakitanga
- Parent led discussions
- Emotional, cultural and spiritual safety
- Sharing helpful supports and resources
- Shared understanding that everyone's experience is different and unique to their situation and whānau

Time/Day/Location

The CPVA Peer Support Group is open to parents/caregivers throughout the year.

The group is held **online** :

- First Monday of every month
- 7pm to 8.30pm
- *A link to Zoom will be sent to your email address prior to the group*
- *For information on how to join a zoom meeting click on this link*
https://youtu.be/pAMDxH_H_Cs?si=cvPtNuFk8-XxEc2e

For more information, please contact: lee.tempest@visible.co.nz

