

Broken people can't
help broken people

Become an active listener

Help people
Feel Safe
enough

TO
RELEASE
BURDONS
& GRIEF

It can be hard to Cry...
Matariki provides a space
for healing, closure + Hope.

Sometimes, all we need is Silence

Help Whānau
develop emotional
intelligence

Forgiveness allows the
Freedom to heal

Be Reflective on how you
Shift from one space
into another

Rituals & Ceremonial
Practices HAVE BEEN Lost

Whakawātea
SUPPORTING HEALING
PANEL

Create a Ritual
TO SHED FEELINGS OF
Responsibility & Stress