

# MAPPs (Mothers Addressing Past Pain)

**Jigsaw**   
Whanganui  
*kaupapa whānau – thriving children, flourishing families*



## MAPPS (Mothers Addressing Past Pain)

A healing group for mothers who are experiencing overwhelming emotions and are worried about the impact on their children.

The programme provides a safe space to explore:

- Where our overwhelming emotions come from
- The link between our past experiences and the way we parent
- Healing and resolving past traumas
- How we respond to our triggers and other distresses.



**No shoulds  
No judgements**

**Just lots of useful stuff!**

Our Kaimahi are very happy to meet with you to discuss how our groups could work for you.

**Phone 06-345 1636**  
**[jigsawwhanganui.org.nz](http://jigsawwhanganui.org.nz)**