

MAPPS (Mothers Addressing Past Pain)



Jigsaw 
Whanganui

kaupapa whānau – thriving children, flourishing families



MAPPS (Mothers Addressing Past Pain)

A therapeutic group for mothers who are experiencing overwhelming emotions that impact the way they can connect with their children.

The group provides a safe space to explore:

- Emotions of overwhelm e.g., fear, anger, sadness
- The body's natural response to our experiences of trauma
- New ways to respond rather than react
- Your values and hopes for how you would like your whānau to be.



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.

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