



"Aviva have done a hard job laying down a path for myself and others to walk through. The knowledge and wisdom shared in the Seuga programme have helped me to understand my accountability to life, the importance of family, and guide me spiritually so I can be strong mentally, emotionally and physically"

Seuga Participant

"Aviva service helped me bring my family back together."

Seuga Participant

Who is Aviva?

Aviva is a Canterbury-based specialist family and sexual violence support agency. We are available 24/7 to provide advice, advocacy and support to people overcoming the enduring harms of family and sexual violence.

Who does Aviva support?

Aviva supports people of all ages, genders, sexualities, ethnicities, and experiences of violence.

Go to www.aviva.org.nz for more information on Aviva programmes and services.

SEUGA™
PASIFIKA EDUCATION
PROGRAMME



 **aviva**
live free from violence

SEUGA
"OLA
SA'OLOTO MAI
SAUAGA."

Seuga is a 10-week education programme aiming to improve the resilience and wellbeing of Pasifika families by addressing the underlying issues of family violence, addiction and anger. It provides holistic support for participants based on the Fonofale model.

Seuga is open to Pasifika men and women, ages 18 and over, (or someone in a relationship with a Pasifika person) in Christchurch and surrounding areas. It supports those experiencing issues stemming from family dramas, culture clashes, faith complications, misuse of alcohol, drugs and more.

While it is open to men and women, groups are run separately.

Seuga covers topics such as:

- Culture and faith
- Family dynamics
- The pillars of the fonofale model
- Cultural differences
- Family violence
- Effect of Alcohol & drugs
- Insight into behaviour and wellbeing from a Pasifika viewpoint

Each session ends with a 'TALANOA' (therapy) session to have a safe conversation regarding anything that arises

What language is the programme delivered in?

Seuga is delivered bilingually in English and Samoan

When and where is the Seuga programme held?

The 10-week groups are run during school terms. The Seuga Pasifika men's group operates every Saturday during term time, 9:30am-12:30pm and the Seuga women's group operates every Tuesday during term time, 9:30am-12:30pm.

Location would be confirmed with participants for each course.

What can I expect during sessions?

Check in starts at 9:30am every week. Content will be delivered in topical sessions with a 15-min mea'ai/break. All sessions end with a self-care discussion before finishing at 12:30pm.

What if I do not have access to transport?

If you have issues accessing reliable transport, we may be able to help.

How to register for a place on the programme

You can call or text the Seuga phone and talk to Nicky Sofai or Tonia Noa Siaosi (022 644 1103) or download a referral form from the Aviva website Seuga - for Pasifika men (aviva.org.nz) or contact us through our support line (0800 28482 669)

"Got much more than expected. Aviva and Seuga have helped me to control my anger to support my family the healthy way, and for me to build a strong personality and understand what this means for my wellbeing."

Seuga participant

