A partnership between
SAMS
&
Parent to Parent
Resilience

Staying strong when times are tough

Jess Stuart
What do we think resilience is?

- What is true for me
- Mana tangata - strength of the people
- What keeps us going?
- How individual threads are weak, together they are strong
- Being able to continue when you don’t feel you can
Thriving through resilience

Share ideas on what has helped you and your whanau become more resilient:

- Challenges
- Successes
- Tricks learned along the way
- When were you most resilient?
Some days it can be like pushing ...
LINKS:
Attitude Live
https://attitudelive.com/watch/What-s-Up-With-Down-Syndrome-Raising-Downs
Rise and Shine
Dream Big
https://www.stuff.co.nz/national/70844975/dream-big-says-allconquering-disabled-teen
Siva
https://www.youtube.com/watch?v=tbXb7YeURUY
Theo (25 Minutes)
https://youtu.be/tibVQal6gRQ
Magic Moments
Thank you!

Please take the time to give us feedback.