



# Lokahi

A Psycho Educational Support Group for Children

For our children, tomorrow is constantly stealing the beauty of today. It doesn't have to be this way.

Stuck, confused, forgotten, misunderstood... feelings children experience daily, yet go unnoticed. Our children are becoming far too skilled at suppressing their feelings, therefore sacrificing opportunities for lessons learned while they're rushed from one destination to the next.

Instead, we can teach our children to successfully surf the nalu...the wave of their emotions. By building skills in compassion, communication, and self-awareness, we teach them how to foster healthy relationships with a sense of legitimacy and humanness.

Lokahi is a psycho-educational support group for children offering them the opportunity to practice collaborative problem solving, and address day-to-day life challenges within in the Ohana Lokahi (the group family).

Once a week for 90 minutes, they will learn to practice presence, process interdependence, and find comfort in the Ohana Lokahi.

## LOKAHI GROUP VALUES ARE ENCOMPASSED IN THE ALOHA SPIRIT

### Akahai

Grace, kindness to be expressed with tenderness

### Lokahi

Unbroken, unity to be expressed with harmony

### Olu'olu

Gentle, agreeable to be expressed with pleasantness

### Ha'ha'a

Empty, humility to be expressed with modesty

### Ahonui

Waiting for the moment, patience to be expressed with perseverance

## THE FIVE PILLARS OF LOKAHI

1. Presence

2. Interdependence

3. Humanness

4. Unity

5. Curiosity

## KEY COMPONENTS OF LOKAHI

### ALOHA

Participants share a snack, complete a written check in, and participate in a prompted icebreaker conversation for group cohesion.

### HULA

The Big Kahuna rings the gong to signify the group is starting. Then facilitates participants to form a circle, leads a deep breathing exercise, and shares a story to introduce the lesson for the day.

### DEVELOPING YOUR ALOHA SPIRIT

The group leader introduces the topic with a short video, then shares some techniques in how to use that concept to develop an aspect of the aloha spirit. Group participants also discuss personal experiences around the concept.

### SHARING THE ALOHA SPIRIT

Group participants acknowledge a new idea, thought, or perception that was obtained during this session.

### MAHALO

Aloha yoga flow where the Big Kahuna acknowledges the group for participation, and shares an attitude of gratitude together through this Aloha (literal meaning is breath of life).

### TOPICS

Family	Denial	Depression	Communication
Accepting change	Anger	Fear	Problem solving
Grief and loss	Resentment	Forgiveness	Respect

The skills and values learned in the Lokahi Group Sessions, provide our children the opportunity and space they need to develop the skills to surf the nalu of their emotions.

### LOKAHI PRICING

You can pay \$35/session for 16, 90-minute sessions, or pay for 4 sessions at a time and save \$20.00, or pay for all 16 sessions and save \$110.00.

All options include a one-time \$150.00 intake fee.