



**#HearMeToo**  
END VIOLENCE  
AGAINST WOMEN  
AND GIRLS

## Support the 16 days of Activism Against Gender-Based Violence

In recent years, the voices of survivors and activists, through campaigns such as #MeToo, #TimesUp, #Niunamenos, #NotOneMore, #BalanceTonPorc and others, have reached a crescendo that cannot be silenced any more.

Advocates understand that while the names and contexts may differ across geographic locations, women and girls everywhere are experiencing extensive abuse and their stories need to be brought to light. This is why the UNiTE Campaign's global advocacy theme this year is: Orange the World: #HearMeToo

### *Te Wairua O Tika – The spirit belonging (to) right*

Our workshops are facilitated by survivors to encourage people to hear the stories of sexual abuse in their community, to be empathetic and to facilitate a connection to support victims to seek healing and report offending to increase the low conviction rates amongst sex offenders.

WORKSHOPS		TIME: 9 am to 12.30 pm
Date	Location	Venue
26 <sup>th</sup> Nov	Wellington	Whanau Centre, 16 Bedford Court, Cannons Creek
27 <sup>th</sup> Nov	Auckland	Room 1, Level 10, Acrossia House, 155 Queen Street
28 <sup>th</sup> Nov	Whangarei	B130, Raumanga Campus, 51 Raumanga Valley Rd
10 <sup>th</sup> Dec	Kaitiaia	Oxford St
COST: ENTRY BY KOHA		
Contact: <a href="mailto:ciaran@healnz.org">ciaran@healnz.org</a>		



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**North Tec**  
TAI TOKERAU WĀNANGA



*Te Wairua O Tika*

**Ciaran Torrington** is an ACC Sexual Abuse Therapist & Assessor. She has a Masters in Psychology, Diploma in Counselling and Certificate in Te Reo Maori, and is a member of NZ Association of Counsellors, Pacific Women's Watch and BPW. She is a sexual abuse survivor who has been campaigning to build support for victims since 2014 winning the AMP Dynamics Regional Scholarship and Kiwibank Local Hero Medal for her efforts. She has developed a Trauma Informed *Te Whare Tapa Wha* approach that helps lift survivors out of poverty and the concept *Te Wairua O Tika* to support survivors to report Police and convict offenders.

Ciaran Torrington, Kaitiaia, NZ



**Lilian okonkwo Ogabu, Nigeria**

**Lilian okonkwo Ogabu** is a sociologist and broadcast journalist with Rivers State Television, Port Harcourt, Nigeria, West Africa. She has a PhD in Sociology & PGDip in Journalism. She is the chairperson of Nigeria Association of Women Journalists (NAWOJ) in Rivers State, whose responsibility is to promote, protect and enhance the issues of women and children with special focus on fighting violence against women and children. "I met Ciaran Torrington and other NZ delegates at United Nation CSW in New York and we worked together, shared experiences on issues of violence affecting women in my country. The world will celebrate international day for elimination of violence against women and I'd like to join Ciaran & her team in NZ to make a presentation and be part the 16 days activism commemorating the day".



**Teri Stout, Kaitiaia, NZ**

**Teri Stout** was a psychiatric nurse for over 20 years. She has a Diploma in Acupuncture and Traditional Chinese Medicine and has worked as an acupuncturist since 2000. She works on a koha basis that has enabled her to help people in the community who could not afford this healing. As a sexual abuse survivor herself Teri has a passion in addressing the impact of trauma on the body, in particular the impact of sexual harm on reproductive health. She has developed her theories and worked as an energy healer based on *Te Whare Tapa Wha* for the past three years. In 2018 she stood on the world stage as an "elder" and told her story that empowered and inspired others.