Established in 1987, The Cook Islands Family Welfare Association is a non profit dedicated to providing the people of the Cook Islands with safe, quality, affordable sexual Reproductive Health Care services and Education.

VISION "Safe Sexual Reproductive Health For All"

MISSION "To provide quality sexual reproductive health information and services that are accessible and affordable to all, especially working with young and disadvantaged groups in the Cook Islands"

CSE OUT OF SCHOOL TRAINING

The CYP are always finding new and creative ways to deliver the program as they continue to educate and enhance the knowledge of young people on CSE and SRHR (sexual reproductive health and rights). CSE sessions don't stop in just the schools, CYP have in the past gone into sports organizations, uniform organizations, church youth groups and community groups. More recently, CYP Tamara File facilitated an out of school CSE session with a group of youth, requested by a board member. The session covered puberty and relationships. Out of school CSE sessions are available to anyone who requests, and are welcome for a de-brief on the different components of CSE, and anyone who would like to learn more- can contact CIFWA on 23420.

The Youth Peer educators of CIFWA currently run Comprehensive Sexuality Education sessions with the students of Tereora College.
Schools who have had sessions running in the past include Apii Te Uki Ou and Papaaroa School, with several visits made to Araura for sessions with the students of Araura College, as well as community outreach.
The sessions are based on components requested by the school, and is always very comprehensive, and interactive. The CIFWA Youth Peers (CYP) have been working hard to advocate for the young people of the Cook Islands, both in and out of school for the last 10-12 years so they may be making the best possible choice for their bodies.

TEREORA COLLEGE CIFWA CLINIC SOON TO COMMENCE

The CIFWA clinic at Tereora College is scheduled to commence from next week, Wednesday. CIFWA's Dean Kapi-Tangata said the days may shift for the time-being due to the HPV screening which takes place every Monday and Tuesday (at CIFWA), so the days will shift from Tuesday and Wednesday to Wednesday only, with the possibility of adding Thursday. The clinic hours will run from 8am to 12 noon. The CIFWA clinic set up at Tereora College complements the counselling services by the school counsellor, and Dean is able to provide most of CIFWA's services including family planning, appointments for health checks, and his door is always open for questions, and assistance.

VCAT TRAINING

On the 11th January, a session on 'Abortion Values Clarification and Attitude Transformation' (VCAT) workshop was held with the CIFWA board and staff. The objective of the workshop was to provide participants with an opportunity to explore, question, and affirm their perspectives regarding the provision of abortion and related care. The aim was to enhance awareness to comprehensive, woman-and health centered, high-quality abortion care. The Board and staff of CIFWA explored all aspects of the topic, from discussing the values, attitudes and belief towards it, distinguishing between assumptions, myths and realities, and identifying and separating personal beliefs from professional roles and responsibilities. This was only the first half of the workshop, with another to be scheduled in the coming months to complete the workshop.

STAKEHOLDERS MEET

At the end of 2023, CIFWA invited all its stakeholders for an overview of the year and look back at the success of the activities they collaborated together in. CIFWA also made a presentation of the work carried out in the year, while each of the stakeholders also presented on their programs and services and how CIFWA can support and assist in those programs. Some of the collaborated activities include the BSE clinics with CI Child Welfare Association, the inclusion of CIFWA and its services in the Puna clinics during disasters, and the collaborating activities with the National Council of Women and Au Vaine such as the Pink Breakfast, during Breast Cancer Awareness month. CIFWA looks forward to continously working with the stakeholders in 2024.