

“I found myself more in these three weeks than I have in ... thirteen years.”

"I went from disabled to able!"

"I am such a better mother to my daughters now." ”



## CONTACT US

If you feel aligned with our vision and would like to partner with us, support our work, fund scholarships for participants, or apply for one of our programmes, we'd love to hear from you.

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📷 [@saltsisterstga](https://www.instagram.com/saltsisterstga) (instagram)

🌐 [www.surftherapy.org.nz](http://www.surftherapy.org.nz)



## ABOUT US

We empower people to strengthen their wellbeing – and ultimately that of their whānau and community. We empower people to come home to the natural world and our natural rhythms. At the heart of our work is surf therapy, using the ocean as a powerful space for healing, confidence, and connection. With an initial focus on supporting vulnerable women, our **Salt Sisters** program incorporates surf therapy, 1:1 counselling, and therapeutic writing circles. The program creates safe, supportive spaces for deeper reflection, authentic friendships, personal growth, and creative self-expression.

The **Surf Therapy Trust** dreams of duplicating the Salt Sisters program for school-aged girls, providing Ocean Therapy for older adults inside and outside rest homes, and running special mother/daughter, father/son surf therapy sessions – powerfully serving our community across the lifespan.

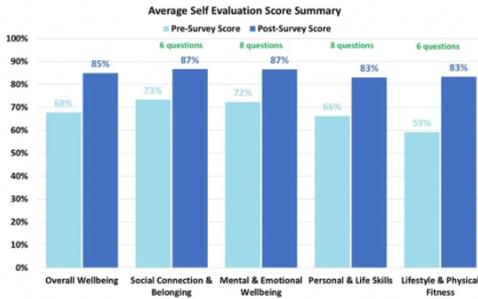
**salt sisters**

RIDE TOGETHER. RISE TOGETHER.

10-WEEK MULTI-MODAL SURF  
THERAPY PROGRAM FOR WOMEN

SURF THERAPY TRUST

## PILOT PROGRAM IMPACT



Our pilot program measured *Social Connection and Belonging*, *Mental and Emotional Well-being*, *Personal and Life Skills*, and *Lifestyle and Physical Fitness* using pre- and post program surveys. The above graph demonstrates that the Salt Sisters program had a positive impact on all of these areas of functioning for the women who attended our pilot program. How exciting!



## PILOT PROGRAM IMPACT

Our Feedback Surveys showed that our overall program rating was 4.5 stars!



of our participants would recommend Salt Sisters to other women



of our participants felt safe, loved and like they belong when attending the Salt Sisters program



of participants felt that Salt Sisters made a significant positive impact in their life



of participants were interested in volunteering with Salt Sisters in the future

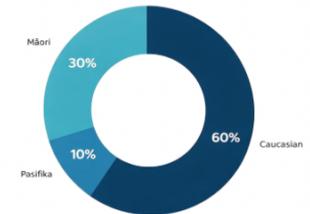


“Honestly I am really struggling to put into words how much I feel like I have transformed!! I trust myself and I'm starting to love myself. I am mind blown how light and happy and vibrant I feel. I never ever thought the heaviness and lethargy would ever leave my body! But it actually has!!! I have not felt like this in YEARS!!!!”



## PILOT PROGRAM DOMOGRAPHICS

Client Ethnicity



Client Age Distribution

