



TE MAIOHA O MAMIA

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TE KAUPAPA O MAMIA

KŌPŪ

Hapūtanga antenatal and postnatal education and support through wānanga

WAIŪ

Parent & Child – health and development, learn and play, connection

TĀKUTA TAMAITI

Kōrerorero with a child health specialist and cultural therapist

ŪKAIPŌ

Wāhine wellbeing through the wāhine lifespan

TAONGA TUKU IHO

Te reo me ōna tikanga for whānau, tamariki and kāinga

HĪKOI MARAE

Orientation and initiation to Waipatu Marae through a guided walk and marae storying

MANA ATUA

Exploring our Māori creation stories in the context of our lives

ŌMĀIO

Creativity, activities, movement, arts & crafts
Daily activities to engage hinengaro and tinana

MANAIA

Kaupapa Māori hauora hinengaro
Kaupapa Māori maternal mental health support

MANA-Ā-KĪ

A space of aroha to share your life of grief story with whānau
Group sessions scheduled in response to need

KIWA

One-to-one offering for maternal and whānau wellbeing support
1-1 sessions with Moana

MIHI ATA

One-to-one offering for maternal and whānau wellbeing support
1-1 sessions with Erena

PAPIA

Tāne Ora, Pāpā Ora
In development – keep an eye out for offerings