



NGĀ ARA O MAMIA

Ara are integrated and interconnected initiatives and programmes centred on aroha and whānau, derived from the Mamia kaupapa or reimagined, and based on our vision of *Inspired and Nurtured Tamariki of Ranginui rāua ko Papatūānuku.*

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 storytelling

MANA ATUA

Exploring our Māori creation stories in the context of our lives

ŌMĀIO

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

MANAIA

Kaupapa Māori maternal mental health support

MANA-Ā-KĪ

A space of aroha to share your life or grief story with whānau

KIWA

One-to-one offering for maternal and whānau wellbeing support

MIHI ATA

One-to-one pastoral support through therapies that resonate with a Māori worldview of wellbeing and healing

PAPIA

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

TAMARIKI ORA

Well Child Tamariki Ora nursing at the Mamia kāinga and reaching into homes and community when needed. Inviting expressions of interest and registrations for your pēpi/tamaiti and whānau.

KŪMARA TOTS

Mamia early years space and marau (curriculum) 'Aroha ki te Tangata' to support and nurture attachment and enliven parenting. Promoting child health and development through exploration and play.