

TE KAUPAPA O MAMIA

KŌPŪ

Hapūtanga antenatal education and support through hui wānanga
1 Term of 6 weekly sessions (Tues - Wāhine Only, Weds - Tane Inclusive)

ŪKAIPŌ

Wāhine wellbeing through the wāhine lifespan
1 Term of 12 weekly sessions (Thursdays)

WAIŪ

Postnatal and parent and child
Monthly (1-2 hours)

MIHI ATA

Pastoral kōrero with our Whānau Mamia
Weekly (Mondays)

MANAIA

Kaupapa Māori maternal wellbeing
One on One Book-in Sessions

ŌMAIO

Creativity and activities (extra offerings)
Clay, Sewing, Gardening, Journaling, Crafting, Waiata, Pamper

MANA-Ā-KĪ

A space of aroha to share your life or grief story with whānau
Fortnightly (Mondays - 30 min korero mai)

HĀ WAIRUA

Guided hui wānanga space for professionals
Details to come (service not yet available)

NGĀ TUKEMATA

Rangatahi Ora
2 sessions

PAPIA

Rangatahi Ora Mens Circle - Other Parent or Partner (Kōpū)
Details to come (service not yet available)

HIKOI MARAE

Orientation/Initiation - through
Tomukara/Waharoa/Wharenui to familiarise



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