

Are **YOU** a teenager living in Counties Manukau having a baby?

Taonga Education Centre Charitable Trust offers pregnant teens and their whānau education and support to guide you through to welcoming your baby and becoming parent.

Taonga provide antenatal information sessions, peer support and social support for teen parents expecting their first baby. Taonga can help with transport to sessions.

Group sessions

Held in Manurewa, Otara and Papakura.

Peer Support

Available for families identified as requiring more intensive support from a peer support worker who understands the specific challenges facing some teen parents.

'Totally acknowledging our next generation's abilities'

Call for your free place **(09) 269 2861**

Toll-free **0508 taonga (826642)**

www.taonga.org.nz

www.taongaantenatal.co.nz

admin@taonga.org.nz



Download the App

Access Mokopuna Ora - Healthy pregnancy and baby or Tapuaki anytime using your smartphone with the new app.



www.countiesmanukau.health.nz

Reorder Code: OBST69 Dec 2016. Update Dec 2017.



Do you have a baby on the way?



Before baby is born is the best time to get all the information you need to know about having a healthy baby and becoming a family.

Do YOU have a baby on the way?

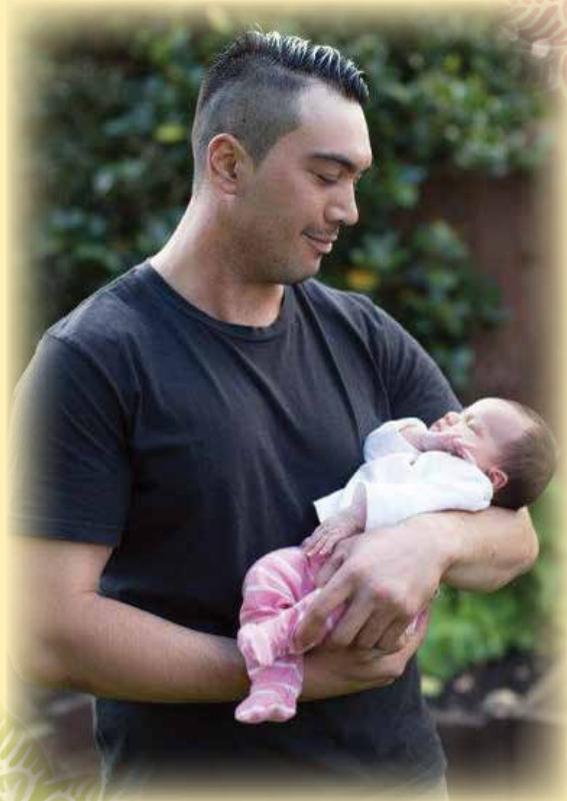
Are YOU a first time parent?

Or, do YOU need to know about where you can have the support you've always wanted?

Are YOU adopting a baby?

There are **free of charge** pregnancy and parenting information sessions in Counties Manukau. The sessions offer information about having a healthy pregnancy, how to prepare for baby's arrival, and what to expect during child-birth.

There are also separate sessions available after baby's birth to support you with becoming a parent.



Mokopuna Ora Pregnancy and Parenting programme with Turuki Healthcare Trust.



The free antenatal Wananga is underpinned with kaupapa Maori values and is open to all pregnant women, including adoptive parents to be and their whānau who live in Counties Manukau.

Pregnancy - Now what? (conception -28 weeks)

This half day programme aims to support women, their partners and whānau in understanding the early stages of pregnancy and how to have a healthy pregnancy.

Pregnancy - Labour and birth (from 28 weeks - birth)

This one day programme supports women, their partner and whānau with information to help prepare for labour and birth, getting breastfeeding started, early days with a new baby and becoming a family.

All sessions are available in Mangere, Manurewa, Papakura and Franklin areas.

The Pregnancy and Parenting wananga sit within our Mama Pepi Tamariki range of services. Our Whānau Centric integrated services approach includes support with breastfeeding, early childhood education and learning, mother and pepi support, and Whānau Ora.

On-line booking: www.turukihealthcare.org.nz

Telephone: **0800HAPUWA (0800 427 892)**

<https://www.facebook.com/turukihealthcare>

'Whakamanatia te wahine hei oranga whaanau'

Inspiring women to raise healthy families



Pasifika/Mokopuna Ora Sessions at South Seas Healthcare



Grounded in Pasifika core values, these sessions are available for families identified as requiring more intensive support.

The aim of the programme is to share information and support the woman and her whanau, aiga, kopu tangata, famili, magafaoa, vuvale, families throughout her pregnancy journey.

Important information on parenting and community support services will also be discussed in detail with an emphasis on your overall wellbeing, benefits of breastfeeding, safe sleep, smoking cessation and immunisations.

Coffee Club

These sessions aim to support all mothers and their partners with becoming new parents. Held weekly, we look forward to hearing from you and connecting you with our coffee club coordinator.

Contact details:

Pregnancy & Parenting Education Service Coordinator
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