

WE ARE DRIVEN BY THE 7 WHANAU ORA OUTCOMES

1. Whānau are knowledgeable and well informed
2. Whānau are healthy
3. Whānau actively participate in communities
4. Whānau are engaged in te ao Maori
5. Whānau enjoy high standards of living
6. Whānau relationships are rewarding and empowering
7. Whānau are caring for their physical environment

More Information

We cover the Wairarapa region from
Pukaha Mt Bruce to Cape Palliser

All ethnic groups welcome

Services are free of charge

Agency and self referrals welcome

Parental/legal guardian consent needed
for anyone under the age of 16 years old

Contact us

15 Victoria street
P o box 728
masterton

Phone: 06 378 0140
Freephone: 0800 666 744

Mon - Fri 8:30am - 5.00pm

enquiry email:
throwinc@tehauora.org.nz

referrals@tehauora.org.nz

www.tehauora.org.nz

PHOTOS OF WAIRARAPA BY KENDYL WALKER



**WHĀNAU | WHENUA
WHAKAPAPA**

Our Services

ALCOHOL & OTHER DRUGS SUPPORT SERVICES

Assessments, 1-1 counselling, education sessions, group counselling/education by appointment only
AGE CRITERIA: 14+ years

LIFESKILLS PARENTING

1-1 parenting sessions (5 - 10 sessions), Whanau led, goal setting
AGE CRITERIA: Anyone who has children aged between 7-17 years old

OUT OF GATE

Assist the reintegration of tangata that have served time or been in remand at any prison within the Wellington, Wairarapa, Manawatu Area

MENTAL HEALTH/ORANGA HINENGARO

Assessments, 1-1 support, advocacy
AGE CRITERIA: 17+ years

YOUTH PEER SUPPORT

Goal planning, strengths based, 1-1 mentoring
AGE CRITERIA: 7-17 years old

ACCESS & CHOICE

Warm handshake into the right service for you via your GP services

RONGOA/MIRIMIRI

Traditional Maori approach to your wellness
Gentle touch massage (pressure points), poultice, 1-1 sessions
AGE CRITERIA: All ages

FAMILY SAFETY TEAM

Home based support and advocacy for whānau experiencing intimate partner violence issues, working alongside the NZ Police

YMHA (YOUTH MENTAL HEALTH & ADDICTIONS)

Support for youth experiencing any mental health or addictions
AGE CRITERIA: 10-17 years old

WHANAU ORA KAIARAHĪ

Whanau goals and aspirations, navigation and support to find the right services for you and your whanau to achieve your goals
AGE CRITERIA: All ages

YDP (YOUTH DEVELOPMENT PROGRAMME)

Referrals from Oranga Tamariki
Youth Justice only

WHANAU RESILIENCE

Researching, designing & rolling out a service to support the long term healing of family violence