



Free antenatal classes



Mokopuna Ora @Turuki Healthcare Trust

One day wananga underpinned with kaupapa Maaori values.

Book on line www.turukihealthcare.org.nz

Call now 0800HAPUWA (0800 427 892)

www.facebook.com/turukihealthcare



Tapuaki@South Seas Healthcare

Talanoa-style one day sessions available at Otara, Mangere and in-home if needed.

Call now 09 273 9017

www.facebook.com/southseashealthcare

www.southseas.org.nz/

admin@southseas.org.nz



Teen parents@Taonga Education Centre Charitable Trust

Two one day antenatal classes, peer support and social support for teen parents expecting their first baby.

Call now 09 269 2861

Toll-free 0508 taonga (826642)

www.taonga.org.nz/antenatal

admin@taonga.org.nz

www.facebook.com/Taonga Teen Parent Unit-James Cook High School



'Whakamanatia te wahine hei oranga whānau'

Inspiring women to raise healthy families

(Turiki Healthcare)

