



## Waea Mai

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New Zealand

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Te Hauora o Turanganui a Kiwa Ltd  
Turanga Health



*I taatai ai te puhi ariki,*

*Te Hiringa matua,*

*Te Hiringa tipua,*

*Te Hiringa tawhito-o-rangi*

*And blessed upon this young person,  
Is the power to parent,  
A magical power,  
An inherited power*

*– Te Oriori o Tuuteremoana*

*'The name Te Hiringa Matua is taken from a  
Te Oriori (lullaby) for Tuuteremoana.  
It is an ancient birthing prayer that describes the  
phenomenon of human procreation and the  
instinct to care for children.'*



## Te Hiringa Matua

PREGNANCY AND  
PARENTING SERVICE



## Ko wai matou?

Te Hiringa Matua is a Māori framework service that provides support for koka, hapu koka and their whānau dealing with drug and alcohol addictions and mental health issues utilizing Mahi-a-Atua and Matauranga Māori.

## Mahi-a-Atua

Mahi-a-Atua is a concept using purakau that helps whānau whakapapa back to the atua in which helped shaped our lives in the here and now.

Developed here in Te Tairāwhiti, Mahi-a-Atua is what Te Hiringa Matua use to help our whānau in their journey of healing.

We access ancestral knowledge and turn it into an active purpose.

## Te Hiringa Tangata Wānanga

Te Hiringa Tangata is an opportunity for whānau to enter into our whare and meet with our Mataora and other whānau.

Wānanga is open for anyone who would like to see what Te Hiringa Matua has to offer in terms of your hauora and oranga.

### Purakau

Histories and Story-sharing

### Karakia/Waiata

Ancient Prayer/Rituals

### Mau rakau

Traditional Māori Weaponry

### Rongoa

Traditional Māori Healing

### Nga mahi a Rehia

Performing Arts

### Mirimiri/Romiromi

Traditional Māori Modalities

**Come in and korero with us or  
phone to find out more**

## Wānanga

In our 'Wānanga' spaces, we provide a safe and supportive environment.

Our Mataora encourage the practices of Matauranga Māori – this is not a typical health service consultation.

Te Hiringa Matua embraces Whānaungatanga, Manākitanga, Matauranga and Kaitiakitanga which are all principles of Mauri Ora (well being internally and externally)

## Nga Mataora

Te Hiringa Matua Mataora provide manaaki to koka, their tamariki/mokopuna and whānau through a self-sustainable journey of whakaora.

Our Mataora team are a mix of registered nurses, social workers and traditional Māori artists – combining clinical structure and artistry whilst re-instating Matauranga Māori.