



TE MANA WHAKAORANGA

Te Mana Whakaoranga is a free, eight-week programme hosted by Ngāti Rangī Kaihono Whānau Mel Evans which focuses on different aspects of leadership and wellbeing for Ruapehu women.

Te Mana Whakaoranga seeks to help empower wāhine through combining both the traditional and holistic support specifically need by our rural communities. Along with connecting and learning from others who live in the shadow of Koro Ruapehu, Te Mana Whakaoranga is an opportunity for wāhine to strengthen their personal skill sets while creating and implementing achievable realistic goals that create positive, sustainable change for them and their whānau.

Kia rapu ai i te MEA NGARO
To unleash **POTENTIAL**
Regardless of our own personal journey we can benefit from learning new skills and be inspired by others.

Kia mau ai ki te MANAAKITANGA
To **CARE WHOLEHEARTEDLY**
By helping wāhine with their aspirations they can in turn generate change within the whānau.

Based in Ohakune, our eight-week programme is held on Thursdays from 10am - 1pm

24 August to 12 October 2017

- Session 1: Whakawātea - Hīkoi to Lake Rotokura
- Session 2: Whakawhanaungatanga - getting to know each other
- Session 3: Learning or extending our Whakapapa, Pepeha & Waiata

- Session 4: Domestic violence prevention
- Session 5: Rongoā/Mirimiri
- Session 6: Kai cooking and Budgeting skills
- Session 7: Pathway planning & Setting goals
- Session 8: Graduation



Te Mana Whakaoranga has been developed in a way that encourages wāhine to remain supported and connected through a graduate group who meet regularly.

All referrals are welcome.

