



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.

Our eight-week programme welcomes all wāhine from around the Ruapehu region.

Our next scheduled programme starts on Monday the 26th of February concluding on 23 April, 2018.

FOR MORE INFORMATION ABOUT TE MANA WHAKAORANGA PLEASE CONTACT MEL EVANS, NGĀTI RANGI KAIHONO WHĀNAU ON 021 631 545 / MELANIE@NGATIRANGI.COM

Programme:

- 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

Venue: The hall at St Mary's, 130 Seddon Street, Raetihi

To pre-register for Te Mana Whakaoranga, please contact Mel Evans on 021 631 545 / 0800 N RANGI or email melanie@ngatirangi.com



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.

