

We are a kaupapa Māori health and wellbeing service provider in Waitaha (Canterbury).

This is an overview of the services we currently offer. For more information and referrals, please visit www.pw.maori.nz or call **0800 4 WHETU**. V5 – June 2022

Our Services	About	Who it's for	Age	Cost	Notes
Te Oriori	A range of support, therapy and weekly programmes that focus on the mental health and wellbeing of tamariki by enhancing the mana, knowledge and skills of parents/caregivers.	Anyone	Parents/caregivers of 0-12 year old tamariki	Free	Programmes are during school term. Refer to timetable on our website. www.teoriori.maori.nz
Te Whiri Ora	A coordination service that supports agencies to work together with tamariki, rangatahi and whānau to achieve their aspirations.	Whānau who have complex needs and has/require multiple agencies involved to support wellbeing	Whānau with tamariki	Free	Te Whiri Ora referral
Mana Ake	Early intervention and support for children experiencing issues impacting their wellbeing.	Available in specific schools	School Years 1-8	Free	Entry pathway is through referral by the child's school.
Manu Ka Rere	Short term intervention service for young people who may be experiencing issues impacting their wellbeing.	Anyone	13-24 years old	Free	Previously CYMHS (Community Youth Mental Health Service). www.manukarere.org.nz
Te Māhuri	Outdoor adventure therapy that enriches connections to iwi, wahi Māori, self and others.	Anyone	13-24 years old	Free	Programme runs during school term. www.temahuri.maori.nz
Ngā Maihi	Supported accommodation for rangatahi focusing on building life skills and working towards independence.	Those who have ever spent 90 days or more in Oranga Tamariki care or youth justice	16-24 years old	Free	Referral through social worker or transitions worker.
Transition to Adulthood	Supporting youth to successfully transition from statutory care and youth justice to adulthood.	Those transitioning from care or youth justice system	17-21 years old	Free	Referral through Oranga Tamariki.
Te Kākano Hauora	Assisting whānau gain the skills to manage their own lives, maintain wellness and grow in confidence.	Those with a mental health diagnosis	13 years old +	Free	-
Te Oranga Activities	Range of day activities for youth, adults and whānau affected by mental health issues.	Participants must have an assigned support worker	13 years old +	Free	Programmes run during school term. Refer to timetable on our website.
Te Waharoa	Te Waharoa offers support for individuals and groups seeking to improve their wellbeing.	Anyone	All ages	Free	www.tewaharoa.maori.nz
Whānau Ora Navigator	Assisting whānau achieve their aspirations, connecting whānau with other services, and advocating for them.	Anyone	All ages	Free	Whānau Ora Navigator is NOT an emergency or crisis service.
Te Tumu Waiora	Located at various GP's, assisting whānau to improve mental health and wellbeing.	Anyone	All ages	Free	Referral through participating GP's.
Te Hā – Waitaha Smokefree Support	Service for anyone wanting to become smoke free including advice, support, and products (gum, patches, lozenges etc).	Anyone	All ages	Free	-
Muslim Wellbeing	Supporting whānau affected by the March 15 th 2019 tragedy.	Those affected by the March 15 th tragedy	All ages	Free	www.muslimwellbeing.org.nz
Māui Clinic	COVID-19 vaccination clinic at South City Shopping Centre.	Anyone eligible for a vaccine	All eligible ages	Free	Shop 15, 155 Colombo St bookmyvaccine.covid19.health.nz
0800 4 WHETU	Free helpline available from Mon-Fri 8:30am-4:30pm.	Anyone	All ages	Free	0800 4 WHETU is 0800 4 94388