

ARAI TE URU WHARE HAUORA

MANA MAMA

Mana Mātua

In October we will be running a series of 'mana wahine' sessions within this group covering topics around keeping safe, power and control and also on how amazing we are as wahine/mama. Even if you are blessed to be in a healthy relationship there may be something you can pass onto friends and whanau.



Mana Mama / Mana Mātua is a parents coffee group set up so that we can share ideas and become informed about topics which are relevant to wahine/ mama and pepi, and their whanau. We are pretty casual. You are welcome to bring a friend. It is basically somewhere for you to go and hang out, have a cuppa with other like-minded people.

Our venue is at 402 High st, (kinda towards the top)

We meet every Thursday at 11am

First Thursday of every month is a shared kai

August 19th Immunisation

August 26th yet to be confirmed

September 2nd-23rd positive parenting

September 30th Post-natal Depression

October 7th Mana Wahine-Common sense self defence and Safety planning

Other topics in the pipeline for 2010

Car seat safety

Contraception

Careers services-finding your strengths

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HAUORA

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Feel free to make suggestions or leave a suggestion on the evaluation form at the end of each session