



Services

At He Waka Tapu our skilled team can support you to:

- Make sense of your behaviours
- Learn some new skills
- Build a Hauora plan or a Whānau plan
- Make your whānau safer
- Get your health checked by a doctor, and followed up by nurses

Specific services we provide include:

Anger Management Services

We are a Family Court-accredited stopping violence programme provider.



Te Whāriki Whakamana

This is a 15 session closed group programme for Māori men aged 18 years and older. The focus of the programme is on stopping violence and abuse against others in their relationships.



Nga Ara Tika

Wahine will work with a whānau worker in a group setting to address issues around anger management, but also focus on building your confidence and self esteem. You will also learn healthy ways to communicate in relationships.

Alcohol and Drug Services



Te Aratiatia

Whaiora will work one-on-one with a whānau worker who will complete a comprehensive assesment with you in order to recommend effective treatment options.



Takahi Te Taniwha

This is a 8-week harm reduction intervention group for whaiora/whānau who want to reduce the harm associated with abuse of alcohol and or other drugs.



Mauri Ora

The Mauri Ora experience is a 8 week programme for people aged 18 years and older who have moderate to severe alcohol and/or other drug issues and want to stop using alcohol and/or other drugs completely.

Whānau Services



Whānau Intensive Work

A whānau worker will work with you to address the stresses in your whānau.



Whānau Tautoko

A parenting group for all parents with tamariki aged from 0-16 years.

Personal Health Services



Hauora

Our nurse will work closely with you to build a plan that can achieve the health goals you have in mind.

Here are some of the areas we can help you with:

- Help to quit smoking
- Diabetes management
- Fitness
- Development of individual or whānau health plans



Wahine Ora – Cervical Smears & Breast Screening

We have a registered nurse who specialises in performing smear tests. This is offered as a free service to high-priority women, provided in a comfortable and friendly atmosphere. We are also able to provide breast screening support, including service, booking appointments, and education. If transport is a problem or you are uncomfortable in accessing the service at our site for any reason, then let us know and we can come to you.

For further information;

Phone: 0800 HE WAKA (43 9252)
Txt: 027 2 HE WAKA (43 9252)
Email: reception@hewakatapu.org.nz

Check out our Whānau Recovery Journal – Get Connected!

www.hewakatapu.org.nz