



# WE ARE AVAILABLE TO LISTEN, AND PROVIDE SUPPORT WITH THE — HARD STUFF

#WeR Wellness program offers the chance for whaiora to not only work on their tinana but also work on their hinengaro and wairua in a whānau space. This group has a focus on Te Whare Tapa Whā and shares ways of reflecting and growing.

This program occurs fortnightly at **Tinana Community Gym, 321 Pages Road, 1:00 – 2:00<sup>pm</sup>**, and is open to anyone in the community.

To find out more information please contact:  
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# #WER

WELLNESS PROGRAM

HE WAKA TAPU

*Me mahi tahi tātou mo te oranga o te whānau*

