



CONTACT US

Te Whai Community House: 09 431 3459

Social Services: 021 0247 8003

Aroha Food Baskets: 027 220 0889

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Te Whai Community House
Rose Madsen Cottage, 73 Moir Street,
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www.tewhaicommunitytrust.co.nz



TE WHAI COMMUNITY TRUST

MANGAWHAI

SERVICES 2022

OPPORTUNITIES FOR ALL PEOPLE IN THE WIDER MANGAWHAI COMMUNITY TO MAKE POSITIVE CHANGES

Te Whai Community Trust aims to remove or reduce cost, distance and other barriers for local people.

You can make a difference. Donations are gratefully received. **12-3094-0005876-00**

Registered charity (CC52886). If you would like a receipt please email info@tewhaicommunitytrust.co.nz



Updated September 2022

Te Whai Community Trust

Local Services

Updated September 2022

All programmes are on-going



Te Awatea

A ten-week wellbeing and resilience course. Building skills with individual support for challenges
Tuesdays 10 – 12pm



Specialist Occupational Therapy (by referral)

For children with developmental needs.
Apply for an assessment



Te Whai Sages

Community volunteers providing companionship, conversation and support for families and seniors



Aroha Food Baskets

For Mangawhai locals who need help to get through the week.
Pick up Fridays
10am – 12pm



Parenting Courses

Wednesday evenings, 6.30-8.30pm for six weeks. Programmes designed for Aotearoa. Infants, primary, teens. Ask about other times too



Women's Wellbeing

Build resilience and energy. Support & tools for women facing challenges, uncertainty, grief and/or pain



Grandparents

Support for grandparents parenting grandchildren. Meet, share & learn, third Thursday of the month
10.00 – 11.30am



Counselling

Confidential face to face or online by external providers & counsellors. Reduce anxiety, build life balance, empathy & self-esteem



Resilience for Mums

Restore, empower and connect. Learn skills for wellbeing in a small support group



Te Reo Wānanga

Weekly classes in term times for beginner and intermediate learners



Driver Training

Learner license courses and on-road Mentor Driver lessons



Walking Group

Friday mornings 9.30am. Meet at Te Whai Community House, followed by a cup of tea



Youth Wellbeing

Life coaching, counselling, skill building, mentors.



Registered Social Worker

By arrangement



Workplace Wellbeing

By arrangement

ENQUIRE OR
REGISTER NOW >



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