



TE WHAI COMMUNITY TRUST MANGAWHAI

Te toka tūmoana ~ Despite the crashing waves the rock stands tall

Services - Term One 2022



Te Awatea

A ten-week wellbeing & resilience course.
Info 10am, 1 March
Starts Tues 8 March
10-12pm.



Youth Wellbeing

Individual & small group life coaching, counselling & skill building. Ongoing.



Te Whai Sages

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



Aroha Food Baskets

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



Parenting Courses

Small group, six weeks, specific Aotearoa NZ materials. Infant, primary, teens. Courses ongoing.



Driver Training

Learner license courses & on-road Mentor Driver lessons. Courses are ongoing.



Women's Wellbeing

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



Counselling

Confidential service for local women & men. Life balance, self esteem, depression, anxiety & relationships. Face to face or online.



Resilience for Mums

Cultivate calm and connections in stressful times. Mondays 9-10:30am.



Te Reo Wānanga

Weekly classes through terms for beginners and intermediate learners.



Grandparents

Support for grandparents parenting grandchildren to meet, share & learn. Third Thursday of the month 10-11.30am.



Walking Group

Actively manage your wellbeing and social connection with ease. Fridays 9.30am.

**ENQUIRE OR
REGISTER NOW** >



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