

# Te Ātea Marino

*Kaupapa Māori Addiction Service*

09 845 1820

## Te Whare Tapa Whā

This is a four week programme that looks at the four cornerstones of Māori health:

**Wairua** (spiritual health)

**Hinengaro** (mental health)

**Tinana** (physical health)

**Whānau** (social health)

Each week you will explore a new topic, coming to a deeper understanding of it. You'll then explore how your current behavior is impacting on that aspect of your health, and how you can nurture that part of your health.

You can start any week. You need to attend four sessions within three months to graduate.

You are welcome to bring whānau or supporters to the group.

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## Pōwhiri Poutama

This is an eight week programme that reflects the pōwhiri process.

You will be guided through a process of self-discovery and healing that will help you understand and deal with issues that may have affected your life.

You will increase your self-awareness, by making awesome life changes.

This programme runs during school term and each session builds on the last. Any sessions missed can be caught up 1:1 with your amokaiora/clinician.

You will need to attend Te Whare Tapa Wha first and then discuss your attendance with your amokaiora.



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Maurea**

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