

# Community Care & Hapū Māmā Wānanga

Weaving together Māori birthing practices alongside western health education to support your whānau hauora aspirations.

Open to all whānau members to attend.

Each wānanga will be in collaboration with other health professionals to support your hapūtanga.

FEB  
26

Pito Muka Tie and Immunisation Kōrero  
Kōrero with health professionals alongside muka tie workshop

MAR  
19

Hapūtanga Wānanga  
Pregnancy Workshops

APR  
30

Pito Muka Tie and Immunisation Kōrero  
Kōrero with health professionals alongside muka tie workshop

MAY  
28

Wahakura Wānanga  
Harakeke woven bassinet workshop

JUN  
25

Pito Muka Tie and Immunisation Kōrero  
Kōrero with health professionals alongside muka tie workshop

## Contact us for more information

**Ana Beech** Hapū Māmā Coordinator **0272874375** [ana.beech@thonr.org](mailto:ana.beech@thonr.org)

**Hari Wikingi Martin** Community Care Coordinator **0272580234**  
[hari.wikingimartin@thonr.org](mailto:hari.wikingimartin@thonr.org)

