

# Kia Ora Whanau & Friends,



## “Ko Te Oranga Taiao, He Oranga Tangata”

In celebration of Mental Health Awareness Week 2016, **Pirirakau Hauora** wish to extend a warm invitation to **Connect with Nature** on the beautiful grounds of Te Oturu Oranga on:

**Wednesday 12<sup>th</sup> October, From 10.00am - 1.00pm**  
**4 Paparoa Road, TE PUNA.**

Come along and bring your Whanau & Friends and a Shared Picnic. Listen to some awesome *Korero* covering varying topics around Wellbeing. There will be a sausage sizzle and good ole H2O provided.

## NAU MAI HAERE MAI WHANAU

10.00am Karakia - Kaumatua

10.10am Opening Address & Team Introductions - Carl Te Ahuru

10.30am Rongoa and its Health Benefits - Hone Moetara

### GUEST SPEAKERS

11.00am Methamphetamine and its effects on our Communities – NZ Police, Constable Tawhai Schuster, Detective Denise Bidois, and Peter Ririnui.

11.45am Whakamomori - Suicide Prevention and Postvention & Tuhono Ki Te Taiao Connect With Nature - Ellen Norman, Director Maori Development, Mental Health Foundation of New Zealand

12.30am Open Korero For Whanau and Friends – Share Your Whakaaro/Korero or Questions to Presenters.

1.00pm Karakia - Kaumatua

### SHARED PICNIC

**Any Queries Contact: Sylvia Wilson 0755-26238 Extn 2, or Carl Te Ahuru 0755-24573 Extn 708**