

## KAUPAPA MĀORI HEALTH & SOCIAL SERVICES

A list of kaupapa Māori health and social services  
in the Te Whanganui-a-Tara | Wellington area  
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<b>AWHINA WAHINE</b>	<ul style="list-style-type: none"> <li>▪ Sexual abuse counselling service</li> <li>▪ Rape counselling service</li> <li>▪ Related violence counselling service</li> </ul> <p><i>"Awhina Wahine promotes rangatiratanga by providing rape, sexual abuse counselling and support for Māori women, children and their whānau in a safe and healing environment."</i></p> <p>E: <a href="mailto:awhina-wahine@xtra.co.nz">awhina-wahine@xtra.co.nz</a>  PH: (04) 232 9817  A: 5 Cambridge Street, Tawa, Wellington</p>
<b>CCDHB WHĀNAU CARE SERVICES</b>	<ul style="list-style-type: none"> <li>▪ Care service for Māori inpatients/outpatients and their whānau at Wellington Regional Hospital</li> <li>▪ Tikanga support</li> <li>▪ Communication support</li> <li>▪ Grief and loss support</li> <li>▪ Social work services</li> </ul> <p>PH: (04) 806 0948  E: <a href="mailto:wcs@ccdhb.org.nz">wcs@ccdhb.org.nz</a>  A: Cultural Care Centre, Level 2, Wellington Regional Hospital</p>
<b>KAHUNGUNU WHĀNAU SERVICES</b>	<ul style="list-style-type: none"> <li>▪ Whānau and rangatahi (youth) support</li> <li>▪ Social work and advocacy support</li> <li>▪ Counselling</li> <li>▪ Transition to adulthood</li> <li>▪ Family violence programmes</li> <li>▪ Mana wahine programmes</li> <li>▪ Mana tane programmes</li> <li>▪ Housing First programme</li> <li>▪ Transitional and emergency housing</li> </ul> <p>W: <a href="http://nkkp.org.nz">nkkp.org.nz</a>  E: <a href="mailto:web-inquiry@nkkp.org.nz">web-inquiry@nkkp.org.nz</a></p>

	<p>PH: (04) 384 6252 A: LG Building Level 5, 35 Victoria Street, Wellington</p>
<p><b>MARAEROA MARA E HEALTH CLINIC</b></p>	<ul style="list-style-type: none"> <li>▪ Free well-being checks for pepe from 0-4 years</li> <li>▪ Home-visits</li> <li>▪ Home assessments</li> <li>▪ Informative hui for parents/caregivers</li> <li>▪ Free alcohol and drug addiction support</li> <li>▪ Free health prevention and safety programmes</li> <li>▪ Free creative health education programmes (e.g. practical kai preparation; kaumatua exercise and health education)</li> <li>▪ Free cervical and breast screening and information</li> </ul> <p><i>"Maraeroa Marae Association Incorporated is a community organization, focused on the concept of Nga Hau e Wha (The Four Winds), that provides facilities and services to all people, regardless of colour, race or creed, whilst remaining an advocate of, and for Maori."</i></p> <p>W: <a href="http://www.maraeroa.maori.nz">www.maraeroa.maori.nz</a> E: <a href="mailto:info@maraeroa.maori.nz">info@maraeroa.maori.nz</a> PH: (04) 235 8000 A: 216 Warspite Avenue and 128 Corinna Street, Waitangirua, Porirua</p>
<p><b>NGA MAIA MĀORI MIDWIVES AOTEAROA</b></p>	<ul style="list-style-type: none"> <li>▪ Resources, support and information on Māori pregnancy and birthing</li> <li>▪ Suppliers of wahakura (woven flax bassinets)</li> </ul> <p><i>"The kaupapa of Nga Maia focuses on Mama, Pepi, Whānau and promoting Matauranga Māori in pregnancy and childbirth."</i></p> <p>W: <a href="http://ngamaia.co.nz">ngamaia.co.nz</a> E: <a href="mailto:ngamaia@xtra.co.nz">ngamaia@xtra.co.nz</a> A: PO Box 901, Hastings 4156</p> <p>*Please note that Nga Maia doesn't assign midwives; Māori midwives can be found through <a href="http://findyourmidwife.co.nz">findyourmidwife.co.nz</a></p>
<p><b>NGA TEKAU HEALTH SERVICES</b></p>	<ul style="list-style-type: none"> <li>▪ Alcohol and drug counselling service</li> </ul> <p><i>"Nga Tekau provides counselling to individuals and whānau using a holistic approach incorporating taha whānau, taha wairua, taha tinana and taha hinengaro."</i></p>

	<p>E: info@tekau.maori.nz  PH: 04 473 2502  A: 24/D Marine Parade, Petone, Lower Hutt</p>
<p><b>ORA TIKA  RONGOĀ MĀORI  RŪNANGA  LIMITED</b></p>	<ul style="list-style-type: none"> <li>▪ Ministry-funded rongoā Māori provider</li> </ul> <p>W: oratika.co.nz  PH: (04) 566 7298  A: 57 Ludlam Crescent, Woburn, Lower Hutt</p>
<p><b>TĀKIRI MAI TE  ATA  WHĀNAU ORA  COLLECTIVE</b></p>	<ul style="list-style-type: none"> <li>▪ Education and training services</li> <li>▪ Health services</li> <li>▪ Kaupapa Māori programmes</li> <li>▪ Marae programmes and information</li> <li>▪ Social services</li> <li>▪ Whānau self-management resources</li> <li>▪ Above services provided for pēpi (babies), tamariki (children), rangatahi (youth), pakeke (adults), and kaumātua (elderly)</li> <li>▪ Regional free Stop Smoking service</li> </ul> <p>W: takirimai.org.nz  E: takirimaiteata@kokiri-hauora.org.nz  PH: 0508 KOKIRI</p>
<p><b>TE PUĀWAI TAPU</b></p>	<ul style="list-style-type: none"> <li>▪ Rangatahi (youth) sexual and reproductive health education and promotion</li> </ul> <p><i>“Te Puāwai Tapu is a long-time established kaupapa Māori organization, specializing in sexuality, sexual and reproductive health promotion, education and advisory.”</i></p> <p>E: tpt@tpt.org.nz  PH: (04) 801 8859  A: Suite 6, 30 Courtenay Place, Wellington</p>
<p><b>TE ROOPU  AWHINA KI  PORIRUA</b></p>	<ul style="list-style-type: none"> <li>▪ Fresh Start programme for youth offenders (by referral via Child Youth and Family Youth Justice only)</li> <li>▪ Free counselling services</li> <li>▪ Violence prevention programme</li> <li>▪ Home-based support</li> <li>▪ Free Social Workers in Schools programme</li> <li>▪ Crime prevention programme for 17-24 year olds</li> </ul>

	<p><i>"To conserve, promote, advice and assist whānau, hapu and iwi to contribute toward improving the physical, mental, spiritual, social, recreational, vocational and economic life of their members in the Wellington region."</i></p> <p>W: tra.org.nz E: reception@tra.org.nz PH: 0800 872 800 A: Level 1, City Fitness Building, 1 Walton Leigh Avenue, Porirua</p>
<p><b>TE RŪNANGA O TOA RANGATIRA INC</b></p>	<ul style="list-style-type: none"> <li>▪ Ministry-funded rongōā Māori provider</li> </ul> <p>W: ngatitoa.iwi.nz/runanga/te-runanga-o-toa-rangatira PH: (04) 237 0168 A: 22 Ngāti Toa Street, Porirua Postal A: PO Box 50 355 Porirua</p>
<p><b>TE WAKA WHAIORA TRUST</b></p>	<ul style="list-style-type: none"> <li>▪ Free kaupapa Māori mental health services</li> <li>▪ Peer and whānau support</li> <li>▪ Support for tangata whaiora ("people seeking wellness")</li> <li>▪ Information on other services</li> </ul> <p><i>"The goal of Te Ara Tika [TWWT's delivery model] is to take Tangata Whaiora away from a dependency way of life to an independent healthy lifestyle by providing a range of services to achieve this".</i></p> <p>W: www.tww.org.nz PH: (04) 237 9608 M: 027 482 8997 A: 213/215 Bedford Street, Cannons Creek, Porirua</p>
<p><b>TE WHARE MARIE</b></p>	<ul style="list-style-type: none"> <li>▪ Specialist mental health services for Māori and their whanau</li> <li>▪ Requires referral from a GP, public health nurse, or Te Haika</li> <li>▪ Kaimahi includes administrators, Kaumātua, a cultural therapist, psychologists, psychiatrists, social workers, a child psychotherapist, an occupational therapist, nurses, support workers, and a consumer advisor</li> </ul> <p><i>"We provide the same care as mainstream mental health services, complemented by Māori cultural concepts and pathways of health."</i></p>

	<p>PH: 0800 300 184 OR (04) 230 6322  A: 30 Kenepuru Drive, Porirua  Te Haika (mental health crisis contact centre) PH: 0800 745 477</p>
<p><b>TE WHARE  ROKIROKI  MĀORI WOMEN'S  REFUGE</b></p>	<ul style="list-style-type: none"> <li>▪ A sister refuge of Wellington Women's Refuge</li> <li>▪ Provided for and by Māori women (and their children)</li> <li>▪ Non-government and not-for-profit</li> </ul> <p><i>"When providing a service to Māori women and their children, Te Whare Rokiroki will encourage ownership and leadership of their own healing, safety and progress."</i></p> <p>W: <a href="http://wellingtonwomensrefuge.co.nz/maori-womens-refuge/">wellingtonwomensrefuge.co.nz/maori-womens-refuge/</a></p> <p>E: <a href="mailto:twr@maoriwomensrefuge.org.nz">twr@maoriwomensrefuge.org.nz</a>  Office PH: (04) 801 5384  24-Hr Crisis Line: (04) 802 5898 OR 0800REFUGE  A: 44 Wigan Street, Te Aro, Wellington</p>

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