

## WHAKARARAUNGA REFERRAL

Referrals are accepted via Te Whatu Ora Whanganui, General Practice, Government and Non-Government Organisations, whānau and self-referral.

If you would like to self-refer or refer a whānau member, please call or email us all we need is your name and contact details.

NAME:

ADDRESS:

MOBILE NUMBER:

EMAIL ADDRESS (OPTIONAL):

I consent He Puna Ora and/or Korowaitia Te Puna Waiora to make contact using this information provided.

SIGNATURE:

## CONTACT US | WHAKAPĀ MAI



133 Wicksteed Street  
WHANGANUI



referrals@teoranganui.co.nz



(06) 349 0007



www.teoranganui.co.nz



**HE PUNA ORA**  
*PARENTING & PREGNANCY  
SERVICES*

**KOROWAITIA  
TE PUNA WAIORA**  
*KAUPAPA MĀORI PRIMARY  
MENTAL HEALTH & ADDICTION  
SERVICES*



## KO WAI MĀTOU? WHO ARE WE?

### HE PUNA ORA

He Puna Ora delivers an integrated service providing a mixture of wānanga delivered through meaningful kōrero, pūrakau and mātauranga Māori. One to one advocacy, support and networking. Our experienced Kaitūruki bring a combination of skills both clinical and mātauranga Māori practice.

### KOROWAITIA TE PUNA WAIORA

We are a culturally relevant option to addressing mental health and addiction distress. The service is offered to tangata whai ora who present with mild to moderate mental health issues.



## RATONGA MAHI WHAT WE DO

He Puna Ora and Korowaitia Te Puna Waiora offer a variety of wānanga that is delivered through meaningful kōrero, pūrakau and mātauranga Māori. We cater to the whole whānau, with a focus on delivering wānanga to hapū māmā, rangatahi, tāne, wāhine and Kaumatua.

### RŪNAIA WĀNANGA

Is delivered through a series of kaupapa i.e. taonga puoro, mahi toi, raranga and rongoa/mirimiri. Our aim is to indiginise our practice by utilising traditional methods to enhance recovery and wellbeing for whānau.

## "HE ORANGA NGAKAU HE PIKINGA WAIRUA"

*"Positive feelings in your heart raises your sense of self-worth"*



## "HE WHARE ORA, TE WHARE TANGATA"