



A whānau kaupapa unique to Aotearoa

Over six engaging sessions, you'll be guided to reflect on your past, explore opportunities for change, and be inspired to realise your dreams for your whānau. Designed through a hauora Māori lens, this course covers topics including:

- Building your whānau on aroha
- Strengthening and supporting whānau well-being
- Forming healthy boundaries
- Strengthening connection through good communication