



Tiakina – Term 4: *Blossom this spring!*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM (10am – 3pm) <u>Tuesdays end 2pm</u> <i>Healthy lunch available</i>	Furry Friends Come along and enjoy some feel-good time with a furry friend! Whether you're meeting adorable animals, exploring a pop-up pet shop, or getting hands-on with DIY dog toy making, there's something here for every animal lover. Take a moment to learn about different animals, their personalities, and why they're truly the best kind of therapy.	Adulting 101 Come learn practical skills that make life easier – like budgeting, meal planning, looking after your health, and making lasting relationships. No tests, no boring lectures, just open conversations and useful tips to help you feel more confident about the future. (Session ends 2pm)	Active Eats Want to get fit & fuel up? Active Eats has you covered! Start with a solid workout at the gym to get your body moving, then head into the kitchen to whip up a delicious, nutritious meal that fuels your recovery. It's the perfect combo of sweat and savour – get your heart pumping, then your taste buds satisfied.	Wet and Wild! Dive into fun, visiting pools around Ōtautahi. Bring your togs and show us your manus! (This is not swimming lessons)	Community Spirit Ready to make a real difference? Community Spirit is all about giving back and getting involved with the local community. Whether it's cleaning up or dishing out some kai, you'll be supporting causes that matter while feeling good doing it. It's a chance to connect, grow, and show some love to the community around you!	Session times (12.00-5.30) Cultural Connection Join us for a session that celebrates learnings, traditions, and experiences from around the world. Through music, food, art, and shared conversation, we'll explore what connects us and what makes each culture unique. We will head out to community events to experience culture in action.	Session times (12.00-5.30) Escape the Day Escape the rush of the week with a peaceful walk, an indoor exercise activity, or a game of your favourite sport. Whether you're strolling through nature or heading to the gym, it's a chance to breathe deeply, clear your mind, and connect with others These moments can recharge your energy—one step, stretch, or smile at a time.
	BREAK						
PM (4pm- 8:30pm) <i>Healthy dinner cooked together</i>	Game On! Take a break from the daily grind with a mix of playful competition and fresh air. Whether you're racing through a backyard obstacle course, solving a quick indoor puzzle, or teaming up for a fun quiz, it's all about having fun, moving your body, and sharing smiles. making every game a chance to reset, learn, and enjoy the moment, together.	Active Eats Want to get fit & fuel up? Active Eats has you covered! Start with a solid workout at the gym to get your body moving, then head into the kitchen to whip up a delicious, nutritious meal that fuels your recovery. It's the perfect combo of sweat and savour – get your heart pumping, then your taste buds satisfied.	Get Creative Unleash your creativity and try something new with this creative group! Whether painting, drawing, upcycling, or experimenting with different materials, this is your space to express yourself and make something. Come along, try a new project, and see where your creativity takes you!	Adulting 101 An opportunity for those who can't make the AM session to learn practical skills that make life easier – like budgeting, meal planning, looking after your health, and making lasting relationships. No tests, no boring lectures, just open conversations and useful tips to help you feel more confident about the future.	Puzzles and Board Games Roll the dice, make your move, and get ready for some friendly competition! Puzzles and Boardgames is all about having a laugh, testing your strategy, and enjoying games together. If the sun's out, we might even take the fun outdoors with some active games. Bring your best game face and let's play!		

Address: 9-11 Beveridge Street, Christchurch central

Ē TAHI ARA E RIMA KI TE NGĀKAU ORA

ME WHAKAWHĀNUA
ME KĀKĀO, ME WHAKAWHĀNUA,
ME WHAKAMĀTEA E A KŌE, ME TĀNGI I
TE WHAKAPĀKĀHĀ

TUKUA
TE WĀ KI A KŌE,
Ā KĪPU, KŌ KŌE
TŌNU

ME ARO TŌNU
ME ARO TŌNU KI
KŌE ME MĀWĀ
HEA, E WĀREHU
HĀKŌKI HE KŌE

ME AKO TŌNU
AHOTIA TE WHĀKĀKI KŌU,
KĀHĀ NGĀ ARA KŌU ME
OHORĪRE KŌE I A KŌE ARO

ME KŌRI TŌNU
WHĀIA TE HEA KA
TĀKA E KŌE, HEA
PĀREKAREKA TĀU I
WHĀI AĪ, KIA PAU ANE
Ō PĀPŌPŌ

**WHAKATŌKĪA NGĀ RAUTAKI MĀMĀ NEI KI
TŌ AO KIA RONGO AĪ KŌE I NGĀ PAINGA**

Mental Health Foundation
māori tū, māori aro
www.mentalhealth.org.nz

FIVE WAYS TO WELLBEING

Give
Your time,
your words,
your presence

BE ACTIVE
DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

KEEP LEARNING
EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

CONNECT
TALK & LISTEN,
BE THERE,
FEEL CONNECTED

TAKE NOTICE
REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

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OF NEW ZEALAND

Tiakina's programme is based on the Five Ways to Wellbeing - each session is themed to encompass one of the five points to enhance wellbeing.

For more information, please contact:

Tiakina Wellbeing Programme Staff – 027 201 7481

Lolita Greig (Service Manager) : Email - lolita.greig@emergeaotearoa.org.nz or call 027 232 3846/ 03 377 8150