

Welcome to our Autumn Programme here at Whāriki for 2026 – Autumn is a time to heal and prepare for the Winter months coming...

**He Hikoi Hauora** – We have put this Programme together to build our Health and Wellbeing Knowledge through korero covering topics that explore Te Whare Tapa Wha from a Values Based perspective. A great starting point regardless of where you are in your journey.

**Art** – Join us on Thursday for a decent dose of creative challenges and arty good fun.

**Gardening Group** – Every Friday, join us for a morning of garden goodness. Learn about Maramataka, soil health and the connection we have in keeping te Taiao me te Māra nurtured.

**DIY Disasters** – Friday afternoon will be all about creating something purposeful and awesome. This will be an extremely hands on group with an introduction to some basic and common hand tools found in a lot of NZ/Aotearoa homes. Limited space for H and S reasons.

Please Note:

Due to space restrictions, some of our groups are very limited in size. Please understand that your registration is not a guarantee of your placement. We do our best. Thank you for understanding.



Registrations  
open Monday  
30<sup>th</sup> March

PROGRAMME MAYBE SUBJECT TO CHANGE

For more information about our services please contact:

Ph: 09 279 8233 Mobile: 021 495 719

Email: whariki@emergeaotearoa.org.nz

Address: 54 Carruth Road, Papatoetoe 2025



Ka Puta Ka Ora  
Emerge Aotearoa

# Whāriki

## Tangata Whaiora & Family/Whānau Service



Registrations open: Monday 30<sup>th</sup> March 2026

Wāhanga 2: Monday 27<sup>th</sup> April to 19<sup>th</sup> June 2026

Kaupapa mo tenei wāhanga:

Autumn Programme

	Rainbow Room	Studio	Off Site or Kitchen
Monday/Rāhina	<p>Mahi tinana o te Autumn Fit 9:30 – 10:00am (6 pax max)</p> <p>Anxiety Support Group 11:00 – 12:30pm (8 pax max)</p>	<p>Craft Group 10:00 – 12:30pm (10 pax max)</p>	
Tuesday/Rātu		<p>He Hikoi Hauora – Wellness Journey – 10:30 – 12:30pm (10 pax max)</p>	
Wednesday/Rāapa	<p>Mahi tinana o te Autumn Fit 9:30 – 10:00am (6 pax max)</p>	<p>WRAP 10:00 – 12:00pm (10 pax max)</p>	<p>Food for Thought 10:30 – 12:30pm (8 pax max) Autumn Healing</p>
Thursday/Rāpare		<p>Art 10:00 – 12:30pm (10 pax max)</p>	
Friday/Rāmere	<p>Mahi tinana o te Autumn Fit 9:30 – 10:00am (6 pax max)</p>	<p>Rōpū Māra/Gardening Group 10:00 – 11:00am (10 pax max)</p> <p>DIY Disasters 11:30 – 1:00pm (6 pax max)</p>	<p>Baking 101 10:00 – 11:30am (6 pax max)</p>