



# Wa Hine Ora

A Transformational Programme for Women

- > Identify positive choices.
- > Create wellbeing strategies.
- > Dispel the illusions of family violence.
- > Maintain and sustain positive change.
- > Learn how to transform violent behaviour.
- > What does "Being Wā Hine Ora" mean to you?

**One day a week for  
10 weeks from  
12:00 to 2:00 pm**

LOCATION: Taupo

DATE: 4 February to 8 April 2019

For more information call:

REAP CENTRAL PLATEAU

Text: 027 600 6647

Phone: (07) 378 8109

Website: [www.reap.org.nz](http://www.reap.org.nz)

Email: [reception@reap.org.nz](mailto:reception@reap.org.nz)

[www.taneora.com](http://www.taneora.com)



# Tane Ora

## A Transformational Programme for Men

- > Identify positive choices.
- > Create wellbeing strategies.
- > Dispel the illusions of family violence.
- > Maintain and sustain positive change.
- > Learn how to transform violent behaviour.
- > What does "Being Tāne Ora" mean to you?

**One day a week for  
10 weeks from  
6:00 to 8:00 pm**

LOCATION: Taupo

DATE: 4 February to 8 April 2019

For more information call:

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