POU WHAKAARO CLASSES, COURSES & WORKSHOPS - WINTER 2019

WHAKATANE	KAWERAU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COMMUNITY WELLNESS (criteria) Support with community	COMMUNITY COURSE SUPPORT Speak to your key worker if	SIT & BE FIT (KAW) 9am-10am	SUSTAINABLE GARDENING (WHK) 8am-3pm	SIT & BE FIT (KAW) 9am-10am	SUSTAINABLE GARDENING (WHK) 8am-3pm	TIMEBANK COMMUNITY COOKING (WHK) 9am-12pm
wellness groups. FUN TOGETHER	you would like support to join local services, courses or groups.	WALK 4 HEALTH (KAW) 9am-12pm	BRAIN GYM (KAW) 9am-9.30am	INDEPENDENT LIVING Sexual health/Zumba (WHK) 9am-12pm alternately	TAI CHI WITH LIZ (KAW) 10am-11am	MORNING TEA & BOARD GAMES (KAW) 9.30am-11.30am
Movie club, dinner club, Zumba, monthly hot pools trip, & end of term celebrations.	PRE-EMPLOYMENT SUPPORT Ongoing support for people who would like to achieve their goal for employment, work experience, and other vocational aspirations.	TE ARA TOI ART (WHK) 9am-12pm	WOMEN'S ART & CRAFT (WHK) 9.00am-12pm	KAITIAKITANGA (KAW) 10am-12pm	COOKING SKILLS (KAW) 9am-12pm	PEER ZONE Bracken Street (WHK) 9.30am-11am fortnightly
COMMUNITY SUPPORT MEALS Nutritional and low cost cooks. Meals are given to people in need. EMPLOYMENT SUPPORT One on one support is available for career		COMMUNITY WALK (WHK) 9am-12pm	BADMINTON (WHK) 9.30am-11.30am	BOOK CLUB (KAW) 10am-12pm	TAI CHI (WHK) 9.45am-10.45am	CHAT & COFFEE (families) Bracken Street (WHK) 10am-11am monthly
	reed. CRITERIA People with a disability or experience of mental illness. New Zealand Citizen. Referral entry by a community mental health service, primary care, relevant community agency, and self-referral.	RONGOA (KAW) 10am-2.30pm	URBAN FOOD FOREST (KAW) 10am-12pm	STRAIGHT UP (children) Bracken St (WHK) 10am-11.30am	BOX FIT (KAW) 10am-12pm	MEN'S GROUP/QUIT SMOKING Bracken St (WHK) 1pm-3pm alternately
		INDEPENDENT LIVING Self Awareness (WHK) Ipm-3pm	UPCYCLED ART (WHK)	INDOOR BOWLS & 8 BALL (KAW) 1pm-3pm	MATAATUA MUSIC (KAW) lpm-3pm	FOOD FORAGERS (KAW)
planning, CVs, & cover letters.		INDOOR BOWLS & 8 BALL (KAW) 1pm-3pm	PUBLIC SPEAKING (WHK) lpm-3pm	TIMEBANK TEAM (WHK) 1pm-3pm fortnightly		TENNIS (WHK) lpm-3pm
MICRO BUSINESS (criteria)		NUTRITIONAL LOW COST MEALS (WHK)	SWIM GROUP (KAW) lpm-3pm	INDEPENDENT LIVING Personal Planning (WHK)		
Support for those who would like to start their own business.		(criteria) lpm-3pm	MOVE & GROOVE DANCE (KAW)	1pm-12pm fortnightly		
nzqa training			1.30pm-2.30pm			
 NZ Certificate in Cleaning Level 2 	LOCATIONS 1E Tamara	ngi Drive, Kawerau 40 Te Ta	ihi Street, Whakatane 1 Bracker	n Street, Whakatane The ma	in aim of the Pou Whakaaro environ	ment is to support people
• Retail Savvy	E. kawerau@pouwhakaaro.co.nz E. admin@pouwhakaaro.co.nz P. 07 308 9430 towards great independence by offering opportunities to increase their skills					

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and to provide support for people to connect with their chosen communities.

• Hospitality Savvy

P. 07 323 8170

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