

Pōwhiri Poutama

This is a nine-weekday programme that reflects the pōwhiri process.

It is a closed group that allows you to navigate a very personal journey of self-discovery and awareness that will help you gain insight and understanding around particular issues that may have affected your life.

We hope your participation in this programme will help you understand yourself and others in a much deeper way – positioning you to make awesome life changes.

As a prerequisite, you will need to have completed Te Whare Tapa Whā first. Please discuss your attendance with your clinician.

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Te Ātea Marino

Kaupapa Māori Addiction Service

(09) 845 1820

Te Whatu Ora
Health New Zealand


Whītiki Maurea
Māori Mental Health and Addictions




Te Whare Tapa Whā


This programme looks at four cornerstones of Māori Health.

During the programme, you will explore each dimension, building awareness on how current behaviour's are impacting on each aspect of your health.

The aim of the programme is to help support lifestyle balance.



You are welcome to bring whānau or supporters to this group.



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