

Who are we?

We are a virtual (online) team located across Te Ika-a-Māui | the North Island. Our organisation is called Manawaroa Ltd.

We design and deliver services to whānau and the workforce to uplift their mana | authority, mauri | vitality, and manawaroa | resilience.

Our approach is aligned with our whakataukī:

Whāngaihia kia tipu, kia Puāwai
That which is nurtured, blossoms and grows.



Puāwai



MANAWAROA

www.manawaroa.com

How can I enrol in a programme?

Talk to your Oranga Tamariki social worker. They will support/awhi you to attend this programme. Or, you can contact us directly via email or text message.



contact@manawaroa.com



Text us: 022 229 90791

What Caregivers have said about the Puāwai Programme

“

I have noticed that I can use my new found knowledge to support my own stressors, and focus on the task at hand with a more positive outlook.

Wāhine, Māori, Whānau carer

“

I am less stressed and able to stay in control when my tamariki behaviours are unreasonable. I no longer mirror their emotions, I stay calm and focused.

Wāhine, Non-Māori, Whānau carer

“

I learnt overall about how the brain works/behaviour and how to deal with feelings more from the tamariki before situations escalate. The Maori proverbs were amazing to learn also.

Wāhine, Māori/NZ European, Whānau carer

Puāwai 4 Caregivers

Trauma-informed, healing-
and oranga - centred learning
and support for caregivers



Puāwai

Puāwai offers skills, strategies, and tools to support caregivers and their whānau to be more resilient, connected and well-balanced.



MANAWAROA

Proudly delivered by
Manawaroa Ltd

What is Puāwai 4 Caregivers?

Puāwai 4 Caregivers (P4C) is a healing- and oranga - centred learning and support programme currently delivered to Oranga Tamariki caregivers. Puāwai is centred on a healing-informed approach (compared with just trauma-informed). This means that whilst our programme supports caregivers to learn and understand trauma, its overall approach is based on whakaora | healing and whāngaihia | nurturing whānau to safely respond to, and meet, the needs of tamariki in their care.

Puāwai respectfully braids both Mātauranga Māori and other knowledge streams to support and strengthen whānau (individual and collective) oranga | wellbeing and manawaroa | resilience.

Puāwai Goals

- Strengthen whānau oranga | wellbeing and manawaroa | resilience to cope with life challenges
- Enhance skills, knowledge and awareness of trauma and the impacts of trauma on tamariki
- Provide tools and strategies to support caregivers to manage themselves and promote a positive home environment
- Build caregiver understanding of Māori culture and its application as a way to support tamariki healing.

Meet the Team



Sharon Shea

Ngāti Ranginui | Ngāti Hine | Ngāti Haua | Ngāti Hako
Tumu Whakarae | CEO



Stacey McGregor

Ngāti Raukawa | Taranaki
Kaiwhakahaere Matua | General Manager



Dr Melanie Christensen

Ngāti Maniapoto | Raukawa
Pouako Matua | Senior Trainer



Louisa Meredith

Ngāti Ranginui | Ngāti Hine
Kaiwhakahaere Hōtaka | Programme Manager



Rae Brooks

Ngāti Maniapoto
Ringa Atawhai | Trainer & Support



Dr. Madeleine Haerewa

Ngāti Pīkiao | Ngāpuhi
Mātai Hinengaro Wheako | Clinical Psychologist

What will Whānau Learn in Puāwai

Puāwai covers a range of topics designed to support caregiving whānau at any stage of their journey. These topics include learning about the brain (neuroscience), how to cope under stress and the importance of self-care, through to trauma and managing challenging tamariki behaviours. Whānau learn how to respond to their tamariki in positive ways that bring about healing and build resilience. Puāwai provides a practical kete [basket] of skills, strategies, and tools that whānau can apply in their everyday lives to enable them to whakapuāwai | thrive.

Learning & Support

We know that one size does not fit all whānau and as such, we strive to provide flexible and open learning and support. This includes:

- **Gateway Programmes:** foundation learning that provides a gateway to build caregiver skills, knowledge and awareness of tamariki trauma.
- **Advanced Programmes:** Specialist topics based on whānau learning aspirations. Facilitated by a child and adolescent psychologist.
- **Online support:** In addition to the programmes, we offer virtual support via phone, email, text and online meetings.