

## WHAT IS KIA ORA AKE?

Kia Ora Ake provides support to children / tamariki in Counties Manukau, from when they start primary school, to the end of the intermediate years. It aims to promote wellbeing, improve hinengaro and provide a range of interventions for positive mental health at the earliest opportunity.



 **KIA ORA AKE**

**SUPPORTING TAMARIKI AND THEIR WHANAU  
WITH HAUORA, HINENGARO -  
MENTAL AND EMOTIONAL WELLBEING.**

### **KIA ORA AKE**

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[www.kiaoraake.org.nz](http://www.kiaoraake.org.nz)

## OUR VISION & VALUES

Kotahitanga

Manaakitanga

Ōritetanga  
me Taurite

Rangatiritanga

Whakawhanau  
ngatanga

Kia Ora Ake is grounded in ōritetanga and taurite, meaning equity and equality in hinengaro well-being. We prioritise the mental and emotional well-being of tamariki and whānau and can deliver support in spaces that feel safe and welcoming.

## WHAT IS KIA ORA AKE?

Kia Ora Ake kaimahi are trained in providing wellbeing support that can help tamariki learn skills to help build resilience and enhance their wellbeing, topics include:

- Anxiety
- Anger
- Friendship issues
- Emotional regulation
- Cultural connection and reconnection

## WHO IS PROVIDING IT?

Kia Ora Ake is a network of providers covering the whole Counties Manukau District. Providers are a mix of kaupapa Maaori, Pacific, Asian and mainstream. Kia Ora Ake providers employ both kaiaarahi (registered health professionals) and kaimanaaki (non-health professionals), to support your school in terms of hinengaro wellbeing.



Scan this QR Code to find your school's Community Partner



Learn about Pūmau and school-based wellbeing here



**Mahitahi Trust**

Ma te mahi tahi ka whiwhi ora  
People together nurturing wellness

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## TAILORED WELLBEING SERVICES INCLUDE:



Individual and whanau support



Group based programmes  
(small and large groups)



Whole school programmes

For one on one and small group support, whanau/caregiver written consent is required.

For large groups or whole of class room, normal school consent processes are followed.

