

Our services – overview

Overall health & wellbeing - hauora

Movement

Dance

Yoga

Massage & balancing treatments

Mentoring & support groups

Mindfulness

Meditation & Mindfulness classes

Qi Gong

Antenatal & postpartum support

Antenatal classes

Drop-in clinic

1:1 mentoring

New Mums' groups

Newborn Fathers - men's antenatal & postpartum support

Parenting advice

Nutrition

Workshops & individual support to find nutritional balance

Natural medicine

1:1 support & workshops

Addiction

1:1 mentoring & support

support groups

Youth

Mindfulness

Vision quests

Experiential self-development groups & camps

Transitioning into adulthood

1:1 mentoring & peer sharing circles & support groups

Community hub

Support groups & sharing circles

Individual & group sessions

Tiny Tea Room to meet & connect (tea & snacks on koha basis)

Upskilling – courses from the community for the community

Permaculture

Arts & Crafts

Alternative Building

Sustainable life skills

Wee come to YOU: Mobile services available.

All our practitioners & facilitators are highly qualified and life-experienced in their area of interest. They love what they do and are able to hold a safe space for others.

***Ahakoā he iti he pounamu
Waiho i te toipoto, kaula i te toiroa***

Kia ora

***Because we are small,
we can cater for individual needs.***

***Because we are a collective of dedicated practitioners who love what they do,
we can offer a wide range of modalities and high-quality services to address health &
wellbeing holistically.***

***Because we are connected,
we can cross-refer & network with other service providers in the area to best meet the
needs of all involved.***

Overall health & wellbeing - hauora

We offer a wide range of regular classes, individual sessions and workshops providing a holistic approach for you to find balance. Holistic means that we work with various modalities to address all pillars or aspects of health & wellbeing: taha tinana (physical wellbeing), taha hinengaro (mental wellbeing), taha whanau (social wellbeing) and taha wairua (spiritual wellbeing). Each of these four aspects of wellbeing influences and supports the others, and only if we address all of them, we find sustainable balance & health.

Taha tinana: movement classes (Yoga, Dance, Qi Gong)

Taha hinengaro: mentoring, support groups & sharing circles, mindfulness

Taha whanau: Women's health & mum support program, parenting advice, support groups & sharing circles, youth work

Taha wairua: meditation & mindfulness, Qi Gong, Yoga, energy balancing

Antenatal & postpartum support

It takes a village to raise a child – we are here to be part of the village. We are here to support mums on their journey into and through motherhood, from pre-conception all the way through to parenting the growing child. Our classes focus on supporting parents in finding their own individual ways best suited for their situation and abilities and to enable them to make conscious choices.

Many mums are overwhelmed and exhausted by the task to fulfill their role, often on their own. We provide support to meet the mother's *and* the baby's/child's needs.

On Wednesdays, from 10:00am until 11:30am, there is a **free drop-in clinic** for mums & babies/children under the guidance of maternity specialist Kate Mander. This is a great platform to share experiences, connect with others & get advice, information and support.

We also have **various antenatal classes, free mum groups** and plenty of other offers for mothers to connect to themselves, their babies/children and build a support network (e.g. **mama mentoring, baby massage, holistic balancing, women's circles**).

And if mums can't come to us, we can always visit them at their home.

As men often need special attention and information when becoming a father, we offer a **Newborn Fathers group** to address the needs and issues that arise during pregnancy and after birth.

Nutrition

Nutrition is at the core of physical, mental and emotional balance and a topic that many people struggle with. We have two very experienced nutritionists and health food aficionados in our team, Seija McIntosh, Sarah La Touche and Alison Ramsey, who enjoy helping others to find their nutritional balance.

Free initial assessment on Tuesdays or via phone/email.

Natural Medicine

Seija McIntosh and Dr. Clare Halford offer **consultations and advice** in how to treat ailments naturally. There is a lot we can do to balance our systems with remedies from Mother Nature's pharmacy – it is free, often more efficient with fewer side effects and longer lasting results. In the **Wee Health Shop**, you can get herbal medicines and we blend individual tea mixtures and remedies for you.

Addiction

As a recovered addict, Seija McIntosh can relate to the "story of addiction" and what it takes to overcome of the underlying issues that can lead to addictive behavior. At the Wee Studio she shares her vast experience, knowledge and insights to help others on their journey. We offer **private consultation and mentoring** as well as **regular support groups**.

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Youth

Modern education mainly focuses on physical and intellectual development of young people. Social, spiritual and emotional aspects are often neglected. As the journey into adulthood can be long and

windy without clear beacons and anchor points many young people are lost and left alone when trying to find their place in their family, community, society. In ancient traditions young people have been guided by their community to develop self-awareness & social skills and to nurture spiritual connection. We offer **mindfulness and reflection groups, sharing circles, vision camps and excursions** (in collaboration with Waka Abel Tasman and other service providers) to “fill the gap” and to assist young people on their path.

Community hub

The **Wee Wellbeing Studio**, the **Wee Health Shop** and the **Tiny Tea Room**, all located at 155 Stafford Drive, hold a space for people in our community to connect, have fun, share stories, get advice, learn new skills, treat themselves... We provide a wide range of “treats” for individuals, families and groups in our community – come and join us and be well.

Upskilling – courses from the community for the community

Learning together, sharing together, having fun together: In classes and workshops people of the community share their skills and knowledge with others at the Wee Studio. Check the website for current offers.

Please also see our website for a detailed description of what’s on offer, schedules & more, contact us or simply pop in.