



**Te mate Tuatea, me
te mate Pōuri o Aotearoa
Perinatal Anxiety &
Depression Aotearoa**

Championing Perinatal Wellbeing in our Communities

Tama'ita'i Toa

PADA – Perinatal Anxiety & Depression Aotearoa is excited to announce our new workshop Tama'ita'i Toa – a workshop that will inform and inspire all those working with Pasifika Families (Aiga/Matavuvale/Ngutuare Tangata/Kainga/Magafaoa) on providing culturally competent care.

Jasmine Davis is our new educator who has created a workshop to enable providers to have brave and courageous conversations about culturally competent care.

Jasmine is a New Zealand born and raised Samoan, Maori and European Teine/Wāhine who has grown up in the vibrant and multi-cultural South Auckland. This upbringing of rich culture sparked her passion to work alongside, understand and support Pasifika brothers and sisters navigate the many obstacles they face adjusting to life in Aotearoa New Zealand.

WORKSHOP OVERVIEW

0900hrs	Afio mai/Welcome
0910hrs	Folasaga amata/Introductions
1000hrs	Morning tea
1015hrs	Overview of Perinatal mood disorders, introduction to PADA website
1100hrs	Group work scenarios
1130hrs	Feedback group work
1200 noon	Lunch
1230hrs	Tulafono ma ona aiaiga (Pasifika ways in practice/Pasifika world view)
1300hrs	Group work scenarios
1330hrs	Feedback
1400hrs	Consumers sharing their experiences
1430hrs	Fa'ai'uga (closing practice) & Evaluations
1500hrs	Finish

*"Tausi ma alofa I lou tino, ma lou loto, male mafafau"
Take care of your body, soul and mentality.*