

# Tama'ita'i Toa



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

## A workshop to inform and inspire all those working with Pasifika Families on providing culturally competent care (Aiga/Matavuvale/Ngutuare Tangata/Kainga/Magafaoa)

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

**Wednesday 26 April 2023 9:00 - 3:00pm**  
**Rakiraki Room, Wesley Community Centre,**  
**740 Sandringham Road Extn, Mount Roskill**



For more information email:  
[pasifikaeducator@pada.nz](mailto:pasifikaeducator@pada.nz)

book your place here:  
[www.pada.nz/events](http://www.pada.nz/events)

### Ko wai tātou?

Perinatal Anxiety and Depression Aotearoa (PADA) is a not-for-profit organisation that provides education programmes for healthcare practitioners working with Whānau during the perinatal period. Born out of the 13th PMMRC report, Tama'ita'i Toa is a PADA programme that aspires to enable communities and healthcare practitioners to support Pasifika women and their families in the perinatal period with mental health struggles from a trauma informed lens.

PADA Educator Pasifika, Jasmine Davis, is our educator who created this workshop to enable providers to have brave and courageous conversations about culturally competent care. Jasmine is a New Zealand born and raised Samoan, Māori 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.

Kayla Hirovanaa was born and raised in Auckland, New Zealand, but has maintained a strong connection to her Cook Islands and Tahitian heritage; specifically through dance, as she spent her earlier years travelling throughout Asia performing Hula. Kayla is now a qualified Life Coach with a passion and craft for personal development and transformation, and a heart to see Pasifika people thrive!