mātauranga
whānau knowledge is key
to understanding
positive ways whānau affect mental wellbeing
mana
keeping the mana of every whānau member intact
positive ways whānau affect mental wellbeing

Ko ngā whānau ngā puna oranga
mana
keeping the mana of every whānau member intact
positive ways whānau affect mental wellbeing
kōrero
keep the korero alive
and open in your whānau

positive ways whānau affect mental wellbeing
aroha
whānau prosper
with love and respect
positive ways whānau affect mental wellbeing
tautoko
whānau supporting each other through the trying times
positive ways whānau affect mental wellbeing