



Te Whare Tu Kaha

a space for all rangatahi to stand and be proud



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- Mon 15– Fri 19 April
- 9am–3pm daily
- Pick ups & drop offs available
- 11–14 year olds
- FREE

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Te Whare Tu Kaha

Based around Te Whare Tapa Wha (the four walls of health and wellbeing), each day will focus on a wall/ taha.

- Day 1:** Te Taha Whanau (Family & Social Health)
- Day 2:** Te Taha Whenua (The Land)
- Day 3:** Te Taha Hinengaro (Mental Health)
- Day 4:** Te Taha Wairua (Spiritual Health)
- Day 5:** Te Taha Tinana (Physical Health)

Te Whare Tu Kaha is a fun and interactive programme run by our awesome youth coaches, filled with games and activities designed for rangatahi to find out more about themselves, make friends and build resilience.

Spaces are limited, so register now!



Scan the QR code, email admin@number10.org.nz or come in and see us!

Any questions? Contact us:

Number 10

**Southland Youth One Stop Shop
10 Deveron St, Invercargill**

email: admin@number10.org.nz

phone: (03) 214 1013

text: 027 472 4703

www.number10.org.nz



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Number 10 Youth One Stop Shop



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