

RISE & SHINE WORKSHOP

Mental - Spiritual - Physical

FREE MIGRANT WOMEN WELLBEING PROGRAMME

Date: Every Friday, from 23rd
October to 20th November 2026

Time: 10:30am – 12:30pm

Location: Highbury Community
House, Hinemoa Room (110 Hinemoa
Street, Birkenhead, Auckland)

Workshop Topics Include:

- English Language Confidence
- Women's Health
- NZ Health System, Job Market,
Road Code Basics
- The Treaty of Waitangi

Participant Feedback

"Rise & Shine programme is really helpful and informative for all migrant women. TANI staff and volunteers are very kind and gave us confidence"

Scan the QR Code
to Register!



<https://forms.office.com/r/hnV57a3i8E>



Refer and Win!

Refer a Friend to This Rise & Shine
Programme for Your Chance to
Win a Food Hamper!

For more info, contact The Asian Network Inc. (TANI) at:
info@asiannetwork.org.nz or **0800 00 TANI (8264)**

Attend All
5 Sessions
**50% Off
Driving
Lessons!**

