

RISE & SHINE WORKSHOP

Mental - Spiritual - Physical

FREE MIGRANT WOMEN WELLBEING PROGRAMME

Date: Every Wednesday, from 7th
October to 4th November 2026

Time: 10:30am – 12:30pm

Location: Blockhouse Bay
Community Centre (524 Blockhouse
Bay Road, Blockhouse Bay)

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!



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!**

