

co-creative peer support

meetings / workshops /
groups / events /

whatever is needed

to support each other in being
real about motherhood / men-
tal health / parenting / being

Mohua Mamas

Supporting Maternal Wellbeing

by mothers for mothers



Contact Angela Wyness

Peer Support Worker, for details

awyness@twm.org.nz

*www.twm.org.nz/community-mental-
health/peer-support*

0272011210

(work hours vary)



Supported by Te Whare Mahana &

Community Mental Health



*Connect with other women with
shared life experience*

What is Mohua Mamas?

welcome to any mother

a non-judgmental space to be with other mamas with shared experience to safely support each other

A co-creative space where we can weave our own way, which could include:

- a casual drop-in cuppa
- sit in circle and share
- workshops on all types of things
- sourcing information and knowledge
- creative expression
- journal keeping
- skills & strengths exploration
- anything else

Who is it for? Women who may feel at times:

Interested in connecting with other mamas in a safe non-judgemental space and be real about motherhood

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Struggling to mother and do life as well as she'd like

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Sense of a loss of self / identity

Anxiety / Sadness / Grief

Feeling isolated

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Triggered by past trauma

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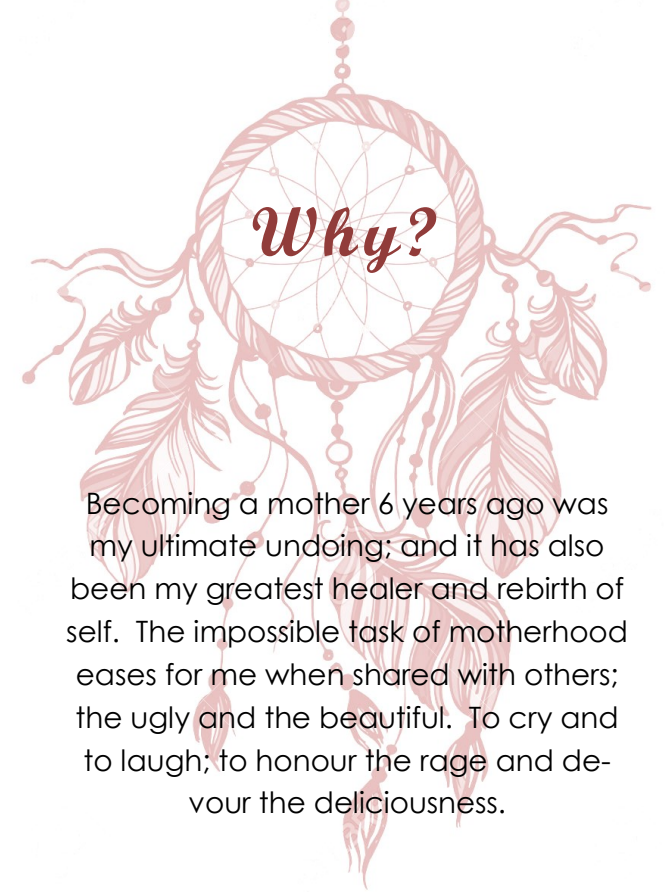
'who I am' now

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Overwhelming emotions at times

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Desire to build strength and re/create self



Becoming a mother 6 years ago was my ultimate undoing; and it has also been my greatest healer and rebirth of self. The impossible task of motherhood eases for me when shared with others; the ugly and the beautiful. To cry and to laugh; to honour the rage and devour the deliciousness.

Why the dreamcatcher symbol? Dream-catchers are said to be woven by 'spiritual spider women' - as maternal keepsakes to attract the good which slides down the feathers into our selves and the unwanted things are caught in the woven web which dissolve in the light of the sun as we share with each other in this peer supported space. To recover our inner wisdom to move through motherhood and womanhood with dignity and wellbeing.