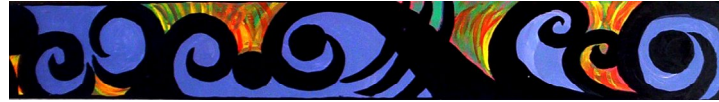


## We support people in many ways:

- Goal Setting
- Cover Letters & Application Forms
- CV Preparation
- Career Development
- Training & Education Support
- Accessing Funding
- Job Sampling
- Voluntary Work
- Employer and Employee Support
- Support with Other Agencies
- Workplace Support
- Job Retention

# Te Ara Mahi

*Employment & Training Support*



### To access our support

Ask your health professional to refer you, or you can contact us first yourself to find out about eligibility for this free service.

Te Ara Mahi has offices in Nelson, Richmond, Blenheim, Greymouth and Westport.

For general enquiries please contact

Te Ara Mahi

First Floor

47 Bridge Street, P O Box 237

NELSON

Tel 03 548 8120

[tearamahi@xtra.co.nz](mailto:tearamahi@xtra.co.nz)

*Find our homepage on Face Book*

*All Te Ara Mahi offices are Smokefree*

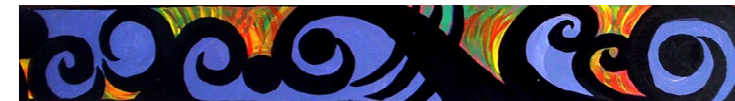
# Te Ara Mahi



*Employment  
and  
Training  
Support*

*Our Mission Statement:*

**To creatively support people to achieve their employment, education and training goals and promote recovery**



## What does Te Ara Mahi do?

Te Ara Mahi works closely with people to help them identify clear employment goals and make progress towards achieving those goals. This includes looking for paid employment and engaging in training that will lead to future employment. Steps along the journey towards paid work may include job sampling, voluntary work and anything that helps jobseekers gain or regain skills, improve their motivation and build self-confidence.

We do not *place* jobseekers in jobs, but actively support people to find suitable and sustainable employment.

# Te Ara Mahi

## Employment & Training Support



## Who are we?

Te Ara Mahi staff come from a range of backgrounds and life experiences. They understand the needs of people who have mental illness and want meaningful employment or training.

They have qualifications in employment support, career guidance, social work, psychology and teaching.

Te Ara Mahi staff have a commitment to providing support that is professional, respectful, friendly and down to earth.



## Our Philosophy

We support tangata whaiora/ people with mental illness in a practical way to find *and keep* suitable employment. We encourage jobseekers to develop strategies that help them define their own careers, build on strengths and work towards recovery. We work creatively with people in a spirit of empowerment, helping them develop skills and techniques to find and retain work now and in the future.

**We work in a way that recognises and values four cornerstones of well being – Wairua (spiritual), Hinengaro (psychological & emotional), Tinana (physical) and Whanau (family).**

**We are a community based organisation, respectful of the cultural diversity and needs of people who use our service .**