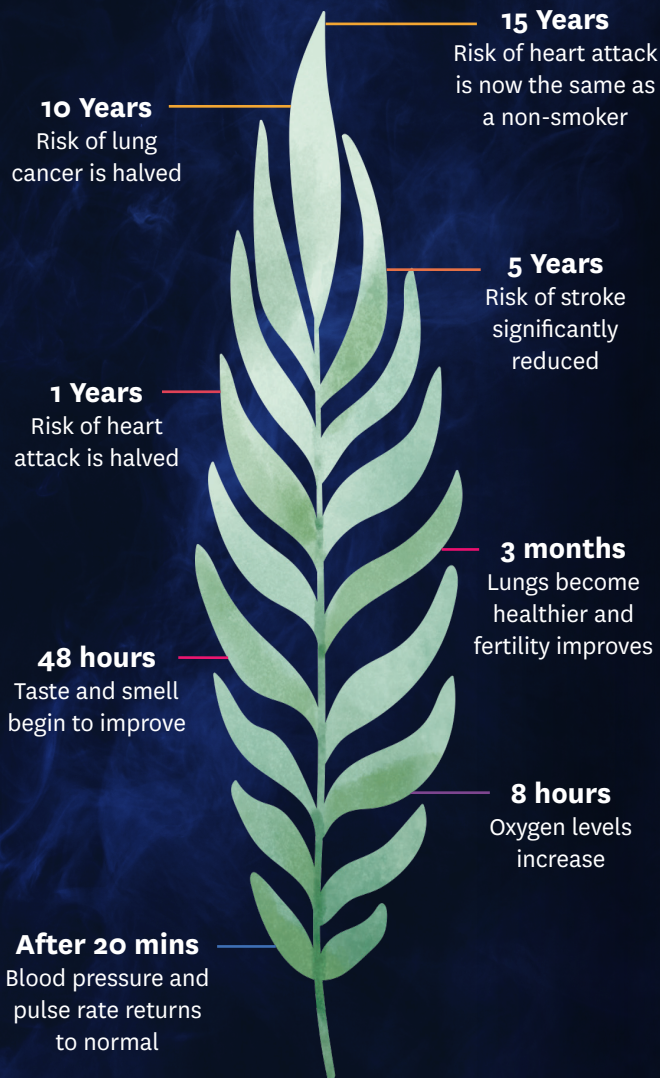


Hāpainga

A Journey to Wellness



QUIT SMOKING YOUR WAY



CONTACT US

📞 0800 427 246 | 📍 Bay of Plenty
✉️ Hāpainga@ebpha.org.nz



FREE STOP SMOKING SERVICE
0800 427 246



*Tiaki te hautapu mō
ngā mokopuna*

AUAHI KORE

Rōpu Sessions

We run a 6 week group programme for wāhine Māori between the ages of 18 - 30. Each session covers an area of quitting, along with gifts, kai and fun activities to help you stay smoke free. We can also run other group sessions by request.



*Hāpainga is a FREE service to
help people in the Bay of Plenty
to quit smoking*

WHO ARE WE

Individual support

Every person is paired up with a stop smoking practitioner, who will meet them where ever works best, to work out a quit plan together.



*Empowering our
people to live well*

BAY OF PLENTY

Incentives Programmes

For our hapū māmā and those caring fulltime for tamariki under the age of 3, we offer up to \$250 worth of vouchers. Your quit buddy of choice will also receive up to \$150 worth of vouchers.

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