



The Heretaunga Women's Centre is the provider of SuperGrans for the Hawke's Bay region.

Who we can help – “Anyone who is old enough to learn the type of life skills Supergrans share”.

Launching on 25 February 2021, SuperGrans Heretaunga is a free service supporting women to develop life skills through one-on-one mentoring and workshops. The programme aims to empower women to gain knowledge and skills to improve their daily living personally and within their family and whānau.

Mentors are women of all ages who walk alongside and mentor other women, supporting them to develop a range of different skills including cooking healthy meals on a budget, gardening, growing food, CV writing, applying for jobs, budgeting, sewing and more.

Women are able to self-refer to the programme or be referred by other organisations and agencies. Each woman referred meets with our SuperGrans coordinator to discuss and identify her goals before being matched with an appropriate mentor.

Please [contact us](#) if you are interested or check out our [Facebook Page](#).