

Support Services

All right parenting

www.allright.org.nz/parents

Altogether Autism is a service which offers specialised information and support around ASD.

Email: Canterbury@altogetherautism.org.nz

Aviva (formerly Christchurch Women's Refuge) Rangiora based family violence support: crisis intervention, education & advocacy for women, men, children, youth, & families.

Safe@home service available, subject to eligibility criteria: All services free Ph: **0800 28482 669**

Email: enquiries@avivafamilies.org.nz

Barnardos

LEAP service is a new service designed specifically to work with families whose vulnerability arises from their challenges with one or more of the following: family violence, alcohol and drug use, child health or disability, emotional abuse or neglect, risk or actual statutory involvement, parental mental health issues- for more information

Ph: **04 385 7560** or **0800 BARNARDOS**

Battered Women's Trust – Rural Services

For women, children & young people, individual & group domestic violence education

Ph: **027 398 7240** (Crisis calls Ph: **03 364 8900**)

Budgeting Services North Canterbury

A free and confidential financial mentoring and budgeting advice service: To individuals and families in the Waimakariri and Hurunui Ph: **03 313 3505**

Email: servicemanager@bsnc.org.nz

CCS Disability Action, North Canterbury

Support & Advocacy for people & their families

Ph: Glenda Miller **03 313 8312**

Comcare Trust North Canterbury

Community and peer support, health & fitness support for people with mental illness and/or addictions. Offer both groups and individual recovery focused support

Ph: **03 310 6060**

Community Energy Action Charitable Trust

Working towards ensuring all homes in Canterbury are warm, dry, healthy, and energy efficient. We offer a range of services: free energy, insulation & heating advice and recycled curtains. Subsidies of up to 92% are available to homes owners with community services card.

Ph: **0800 GET WARM** 03 374 7222

Email: info@cea.co.nz

Community Wellbeing North Canterbury Trust

A range of family services including Community Youth Work, Family Support Social Work, North Canterbury Youth Drug & Alcohol Service, and Family counselling; Ph: **03 310 6375**

Early Start – Canterbury. A home visiting service for whanau/families who are expecting a new-born or who are caring for a new baby. For whanau who are facing challenging social & family circumstances which may impact on their children's health and well-being.

Ph **0800 378278** Email: enquiries@earlystart.co.nz

Hope Community Trust

Community Support, Wrap around Care for families and individuals, Community Garden drop in area, Men's and Women's connect groups. 115 East Belt, Rangiora.

Ph: **03 928 3066** support@hopecommunitytrust.co.nz

Kaiapoi Community Support

Ph: Nicki Carter **03 327 8945**

Oranga Tamariki – Oranga Tamariki Ministry for Children (Regional) High Street, Rangiora Ph: **0508 326 459**

Oxford Community Trust

For community information, budget advice, family support, counselling, holiday & youth programmes. Main St, Oxford.

Ph: Jo Ealam **03 312 3006**

Parenting Through Separation

Visit the website www.justice.govt.nz/family-justice or contact Michelle Ramsay at Presbyterian Support

Ph: **03 313 8588**

Parent to Parent

Providing support, info and education to families raising kids with disabilities and/or health impairments Ph: **0508 236 236**

Email: gtrcanterbury@parent2parent.org.nz

Plunket Line Ph: **0800 933 922**

24/7 Phone support & www.plunketppe.org.nz

Plunket Post Natal Adjustment Programme

Supports families experiencing difficulties adjusting to parenting, individual & group Ph: **03 365 1646**

Plunket Pregnancy and Parenting Info Course

Antenatal classes for parents-to-be and their support people.

Info and options for: pregnancy, labour, birth and the postnatal period. Ph: **0800 291 658**

Plunket Well Child Service

Rural Well Child services, home visits & appointments.

Rangiora Ph: Shirley Gibb **0276753267**;

Amberley Ph: Clare 027 **206 5879**; Oxford, Cust Ph: Robyn **027 6753 268**; Woodend/Pegasus/Ashley Ph: Bridgit **0272815849**

Kaiapoi/Ohoka Ph: Michelle **0276878342**

Presbyterian Support Family Works

Free office & school based parenting support for children and families. Ph: Michelle Ramsay **03 313 8588**

Public Health Nurses

Visit schools to advise on children's health, and work with families on health related concerns. Ph: Catherine **03 311 8665** or Anne Braid **03 311 8664**

Rachel's House Trust - Young Parent Support

Support for young parents to birth and parent their babies. Offering baby items, advocacy, counselling, mentoring, play group, connect group & workshops Ph: **022 0433298**

Email: rachelshousenz@gmail.com

Rangiora Salvation Army Family Store

Budgeting advice & Food Bank, 15 Albert St, Rangiora

Ph: **03 313 6947**

School Attendance Advisor – Wellbeing NC

Ph: **03 313 9091** or **027 227 1344**

Email: schoolattendance@wellbeingnc.org.nz

St John Health Shuttle, North Canterbury

Transport to Chch for medical related appointments, bookings through: St John Ph: **0800 383 373**

Stopping Violence Services (& Enabling Youth)

Programmes for young people & adults with abusive or violent behaviours Ph: **03 365 6266 & 0800 478 778**

Supporting Families Canterbury

One on one support, information, education, advocacy and group programmes for children, young people and the parents with a family member with mental illness. A wrap around support service for children, youth and adults where there has been a death from suicide.

Email: Helen.Mcleod@sfnz.org.nz

Te Puawaitanga ki Ōtautahi Trust

Antenatal Education, Breastfeeding Support Group, Breastfeeding Peer Counsellor training, Tamariki Ora Well Child checks, Stop Smoking support, whānau planning, learn to weave a wahakura, Healthy Day at the Pa at Tuahiwi Marae, Mobile Nursing Service, Early Start Service, advice on early childhood education at schools in your area, Incredible Years Parenting program Ph: **0800 66 9957**

www.whanauoraservices.co.nz

Email: reception@omwwl.maori.nz

Youth Services North Canterbury

A free wrap-around support service helping young people aged 16-17 find sustainable education or employment options. Ph: **03 313 5874**

Counselling Services

Community Wellbeing North Canterbury Trust

Low cost Family counselling. Rangiora Ph: **03 310 6375**, Kaiapoi Ph: **03 327 8945**, Oxford Ph: **03 312 3006**

Hope Community Counselling

East Belt, Rangiora. Individual: families and groups. Monday to Friday Ph: **03 928 3066**

Presbyterian Support Family Works

Free counselling for children, adolescence, parents and families. Ph: Michelle Ramsay **03 313 8588**

Waitaha Health Brief Intervention

Free for adults and teenagers with mild to moderate mental health concerns. Access via a referral from the Medical General Practice Team

Children's & Young Peoples' Programmes

Big Brothers Big Sisters of NC

Mentoring programme for children 6-12 years.

Ph: Ellie Le Gros **03 310 7004** or **027 271 3405**

Email: ellie@bbbs.nz

Children Understanding Mental Illness

Free education program for Children 6-12 yrs.

Ph: **03 366 9284** Email: michelle.sfpb@xtra.co.nz

Barnardos

Footsteps to Feeling Safe for children aged 5-12 years dealing with the effects of family violence. Ph: **03 378 2713** or **027 654 2128**

Sib Support

Programme for children 8-18 years who have a brother or sister with a disability/special need. Ph: **0508 236 236**

Tamaraki Group Programme

For children aged 5-12 years that have experienced family violence. Ten two-hour sessions in term time
Aviva Rural Office: Rangiora.
Ph: **0800 28482 669**

Parenting Programmes

Mother4Mother Breastfeeding Peer Support

Our group meets weekly on Fridays 10am-12pm in the Whanau room at Rangiora Health Hub (Rangiora hospital) 161 Ashley Street. Facebook - Rangiora Mother4Mother Breastfeeding Support. Contact Janine **0800 800 743** or **027 588 1007** or janine.pinkham@waitaha.health.nz

Mothers Supporting Mothers

Provide support & education to pregnant women & new mums. Enquiries: Erin **020 4182 0346**

Plunket Parenting Education (PEPE)

For enquiries Email canty.pepe@plunket.org.nz or Ph: **03 366 0765** (option 2)

Presbyterian Support Family Works

Incredible Years Parenting Programme for families with a child 3-8yrs with challenging behaviour. Ph: Michelle Ramsay **03 313 8588** ext. 23

The Parenting Place

Baby & Toddlers 0-4 years, Primary Years 5-9, Teen Years 13-18. 6 sessions over 6 weeks – practical strategies, ideas and insights to inspire and equip you on your parenting journey. For more information Email: Canterbury@parentingplace.nz or phone **03 3796053**

Waimakariri Parenting Support and Information for Families

Term Four 2019



For updates or additions contact:

Social Services Waimakariri

Phone: 022 317 7660 or

Email: sswfacilitator@gmail.com

Web: www.sswaimakariri.co.nz



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