

Family/Whānau Support Groups

Our Support groups are for family whānau and friends of people experiencing mental health and/or addiction issues.

The support groups are run throughout the Wellington Region to share experiences and explore relevant topics in a welcoming environment

We offer a four week Addiction Education Programme for family/whānau

Atareira Monthly Mailer

Atareira offers a monthly mailer, that contains further information about our services and upcoming events. If you would like to be added to the mailing list, please email: enquiries@atareira.org.nz

Boomerang - Kāpiti Activities Centre

A place where anybody can come and feel welcome. Relax over a hot drink and be in the company of others who want to get out and meet a new people. The Activities Centre is open to anyone who thinks they may benefit from coming along.

When: Every Wednesday 10am-4pm

Where: Kāpiti Pétanque Club, Paraparaumu Domain, Aorangi Road

Anxiety Group

A free programme for ages 18 years, and over. The group is for anyone who feels they would benefit from an anxiety management programme.

For more information please contact us on:

P: 04 499 1049

E: enquiries@atareira.org.nz

Locations

Head Office

Opening Hours: Mon—Fri 8:30am — 5pm

Phone: 04 499 1049

Transitional Housing

Opening Hours: Mon—Fri 9am — 4pm

Phone: 04 499 1049 Ext 1

Sustaining Tenancies

Phone: 027 241 1882

Contact

P: 04 499 1049

E: enquiries@atareira.org.nz

www.atareira.org.nz

Established in 1979 as Schizophrenia Fellowship Wellington Branch, Atareira is an incorporated society and a registered charity affiliated to Supporting Families in Mental illness New Zealand (SFNZ)



We gratefully acknowledge support from Lottery Grants, donations, bequests & membership fees.



Te Tūāpapa Kura Kāinga
Ministry of Housing and Urban Development



ATAREIRA

Mental Health,
Addiction, & Housing Support
for Family/Whānau

Services for family/whānau of
people with mental health or
addictions concerns



ATAREIRA
Mental Health & Addiction Support for
Family Whānau,
Transitional Housing

www.atareira.org.nz



Family/Whānau Support Service

Family/whānau need access to services that support and enhance their wellbeing. We recognise and build on the resilience of family/whānau, understanding and affirming their experience of supporting someone with mental health and/or addiction concerns. We provide information, advocacy and support. Cultural support is available to family/whānau.

Our Service Provides

- Face to face and telephone support
- Information about mental health concerns, addiction, and treatment options
- Support with communities and understanding family dynamics
- Encouragement and support to develop coping and self-care strategies
- Child and Youth support services
- Family /Whānau support groups

Child & Youth Support Service

Atareira provides support to children and youth experiencing mental health or addiction issues

And

Support to children and youth who have a family member experiencing mental health or addiction issues — through individual one to one support or through group programme.

We are also able to support children through a specialised children's programme.

Sustaining Tenancies Service

Sustaining Tenancies is a homelessness prevention initiative which aims to assist vulnerable tenants at immediate risk of losing their tenancy. We offer practical support to tenants by addressing their current needs.

Our service can be accessed by anyone in the Upper Hutt area whose tenancy may be at



Transitional Housing Service

This service is for individuals with mental health and/or addiction needs that have contributed to them becoming homeless.

We provide transitional housing and supports that enable people to seek and apply for appropriate longer-term housing.

We welcome and encourage the involvement of any support organisations/agencies people choose to include in their Housing Action plan.

We assist residents to:

- Create a personalised Housing Action Plan
- Maintain their connections with clinical and community support
- Maintain their tenancy and secure permanent accommodation
- Explore opportunities for personal and professional growth