

Support Services

All right parenting www.allright.org.nz/parents

Altogether Autism is a service which offers specialised information and support around ASD. gtrcanterbury@parent2parent.org.nz

Aviva

Aviva is a Canterbury-based, specialist family and sexual violence agency dedicated to making New Zealand Aotearoa violence-free. They offer an extensive range of integrated, specialist services to support all people, children, youth and adults, to live free from violence and overcome its enduring harms.

All services free Ph: 0800 28482 669

Email: enquiries@aviva.org.nz

Barnardos

LEAP - 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 – North Canterbury

Battered Women's Trust (includes Rural Services)

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

Office: 033324122 | Crisis & support line - 0800 REFUGE

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 recovery focused support

Ph: **03 310 6060**

Community Energy Action Charitable Trust

Services include insulation, heating, energy advice, and good quality recycled curtains. Services are available to all households with subsidies up to 100% available to eligible households. Ph. 0800 GETWARM or visit www.cea.co.nz

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

Community Wellbeing North Canterbury Trust – (CWNCT)

Community Wellbeing North Canterbury Trust provides free community and social services aimed at strengthening the wellbeing of people in Waimakariri and the Hurunui. Services include: Wellbeing support for families and children, Community parenting programmes, Early childhood education, Rangatahi wellbeing including specialist alcohol and drug support, Kaiapoi food bank, Restorative justice Contact: 03 310 6375 Email: info@wellbeingnc.org.nz

Early Start

A home visiting service that provides support and parenting programmes in the Waimakariri and Hurunui areas to whanau/families who are expecting a new-born or caring for a new baby. Phone 0800378278. Email: reception@earlystart.co.nz

Hope Community Trust

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

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

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

To register please visit www.familyworksuppersouth.org.nz. Click News and Events (top right of page), then click events. Alternatively, you can contact Karen on 0800477874

Plunket

Plunket Well Child Service

Well Child services, home visits & appointments. Area Office: **03 366 0765**

Plunket Line Ph: **0800 933 922**

24/7 Phone support www.plunket.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 person.

Info and options for: pregnancy, labour, birth and the postnatal period. ppe@plunket.org.nz Ph: 027 275 8477

Presbyterian Support USI Family Works

We work with parents/caregivers and their children to the age of 18.

The work is based around parenting and relationships within the family unit. Ph: Michelle Ramsay 03 2612887 micheller@psusi.org.nz

Public Health Nurses

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

Rachel's House Trust - Young Parent Support

Supporting young parents to live a life of confident hope and create a positive future for their children. We achieve this through 1-on-1 Social Work Support; Connect Groups; Mums & Minis Groups; Counselling; Self-development & Parenting Groups; Peer Support and practical help with pre-loved clothing (maternity + 0-5yrs), baby gear and kai parcels.

022 433298 admin@rachelshouse.org.nz www.rachelshouse.org.nz

Rangiora Salvation Army Family Store Budgeting advice & Food Bank, 15 Albert St, Rangiora **03 313 6947**

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** info@svsych.org.nz

Yellow Brick Road Canterbury (Previously Supporting Families)

For those who have a family member or friend in mental distress or has lost someone to suicide. on one support, information, education, advocacy, peer support and group programmes for children, young people and adults. A wrap around support service and waves programme, where there has been a death from suicide. Email: Helen@yellowbrickroad.org.nz Ph 0800 87 66 82

Parent to Parent

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

gtrcanterbury@parent2parent.org.nz

Te Puawaitanga ki Ōtautahi Trust

Tamariki Ora Well Child Service - Covering North Canterbury for home-based Well Child checks to whānau with pēpi and tamariki aged birth to 5 years old. *Stop Smoking Practitioner* can come to your home or workplace, *Wahakura Wānanga* - learn to weave a wahakura, *Mobile Nurses* can support whānau at risk of, or have Diabetes, Heart or Respiratory disease. *Tuahiwi Marae* – Healthy Day at the Pā for health information and shared kai. Contact us on 0800 66 99 57 or 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

Hope Community Counselling

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

Waitaha Primary 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: Helen.mcleod@gmail.com

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**

Aviva 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

Perinatal Wellbeing Canterbury

Providing community-based peer support for parents in Canterbury who are experiencing a decline in mental wellbeing relating to, or resulting from, pregnancy, childbirth, and parenting within the first 2000 days (Pregnancy to 5 years). Peer support is provided in person at our Wellbeing Groups and online for parents for ongoing support. We can also help with advocacy and liaison with other supports and families if needed.

Contact us at <https://perinatalwellbeing.org.nz>, support@perinatalwellbeing.org.nz or 021 131 4352.

Plunket Parenting Education Programme (PEPE)

Our parenting courses explore with parents, positive child – parent relationships, simple strategies for encouraging and supporting development, including practical care and safety tips. Together, with the facilitator, parents share their knowledge and understanding of the abilities and needs of their child from newborn onwards.

Email: SouthernPEPE@plunket.org.nz

Mobile: 022 192 7598

Incredible Years Parenting Programme

Presbyterian Support USI. For parents of children aged between 3-8 years of age. Ph: Michelle Ramsay 03 2612887 micheller@psusi.org.nz

Parenting Place

Baby & Toddlers 0-4 years, Primary Years 5-9, Teenage Years 13-18, Building Awesome Whānau 0-12. 6 sessions over 6 weeks – practical strategies, ideas and insights to inspire and equip you on your parenting journey.

For more information Email: support@parentingplace.nz or phone **(09) 524 0025 ext 210** or <https://parentingplace.nz/courses>

Te Puawaitanga ki Ōtautahi Trust

Whānau Mai Antenatal Education

Whānau Mai is a journey through pregnancy, childbirth and the early weeks of Parenting that incorporates Te Ao Māori and traditional Māori birthing practices. Contact Alisha on Reception@omwwl.maori.nz or phone 0800 66 99 57.

www.whanauoraservices.co.nz

Māmā 2 Māmā Breastfeeding support

Antenatal Breastfeeding Support Group in Burwood, Breastfeeding Peer Counsellor Training, Ūkaipō – Breastfeeding support groups, check out our Canterbury Breastfeeding Advocacy website for more details www.canbreastfeed.co.nz - or Contact us on Reception@omwwl.maori.nz or phone 0800 66 99 57.

Incredible Years Parenting Programme

A group programme that supports parents to develop knowledge and skills to build positive relationships with their children aged 3 to 8 years old. Contact Tamara on Reception@omwwl.maori.nz or phone 0800 66 99 57.

Family Start

Family Start has a focus on improving tamariki health, growth, learning, relationships, whānau circumstances, environment and their safety. We assist whānau who are struggling with challenges that make it harder for them to care for their pēpi or young tamariki. Whānau work in partnership with a Whānau Awhina/Support Worker to strengthen parenting skills to achieve whānau goals. Contact reception@omwwl.maori.nz or phone 0800 66 99 57.

Triple P online parenting programmes

Whānau have free access to This includes the programmes you've grown familiar with AS WELL AS *Fear-Less Triple P Online*. This is a programme parents and caregivers can do that helps children and young people get on top of anxiety. <https://www.triplep-parenting.net.nz/nz-uken/triple-p/>

Waimakariri Parenting Support and Information for Families/Whanau

Term One 2022



For updates or additions contact:
Social Services Waimakariri
Phone: 022 317 7660 or
Email: facilitator@sswaimak.nz



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