

## Support Services

### All right parenting

[www.allright.org.nz/parents](http://www.allright.org.nz/parents)

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

Email: [Canterbury@altogetherautism.org.nz](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://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](mailto:gtrcanterbury@parent2parent.org.nz)

**Plunket Line** Ph: **0800 933 922**

24/7 Phone support & [www.plunketppe.org.nz](http://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](mailto: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](mailto: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](mailto:Helen.Mcleod@sfnz.org.nz)

### Te Puawaitanga ki Ōtautahi Trust

Antenatal Education, Breastfeeding Support Group, Antenatal Breastfeeding Support Group in Burwood, 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](http://www.whanauoraservices.co.nz)

Email: [reception@omwwwl.maori.nz](mailto:reception@omwwwl.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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:Canterbury@parentingplace.nz) or phone **03 3796053**

# Waimakariri Parenting Support and Information for Families

**Term One 2020**



For updates or additions contact:

Social Services Waimakariri

Phone: 022 317 7660 or

Email: [sswfacilitator@gmail.com](mailto:sswfacilitator@gmail.com)

Web: [www.sswaimakariri.co.nz](http://www.sswaimakariri.co.nz)



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