

Support Services

All right parenting

www.allright.org.nz/parents

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

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. They offer a range of services including free recycled curtains from the curtain bank, energy advice, insulation & heating (subsidies may be available). 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**

Kaiapoi Community Support

Ph: Nicki Carter **03 327 8945**

Oranga Tamariki – Ministry for Vulnerable 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**
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**

Waimakariri Parenting Support and Information for Families

Term Two 2018



For updates or additions contact:

Social Services Waimakariri

Phone: 022 317 7660 or

Email: sswfacilitator@gmail.com

Web: www.sswaimakariri.co.nz



(Updated 12/04/2018)

Support Services Cont.

Plunket Well Child Service

Rural Well Child services, home visits & appointments.
Rangiora Ph: Shirley Gibb **03 313 7664**; Amberley Ph: Clare Hewett **03 314 8819**; Woodend, Oxford, Cust Ph: Robyn Aitken **027 6753 268**; Kaiapoi/Ohoka Ph: Gail Keith **03 327 8480**

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 Dowle **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** or 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: Citizens Advice Bureau North Canterbury Ph: **0800 383 373**

Stopping Violence Services (& Enabling Youth)

Programmes for young people & adults with abusive or violent behaviours Ph: **03 365 1646** or **0800 478 775**

Te Puawaitanga Ki Otautahi Trust

A range of supportive home and community based services for whanau.
Ph: **03 344 5062** www.whanauoraservices.co.nz

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**

Rachel's House Trust

Counselling to young parents and their children
Ph: **022 0433298** Email: rachelshousenz@gmail.com

RCPHO Brief Intervention Free for adults and teenagers with mild to moderate mental health concerns. Access via referral from Health Nurse/GP.

Youth Service North Canterbury A free wrap-around coaching and mentoring service for youth aged 16-17, focus on education Ph: **03 313 5874** or **027 2666 265**

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 **021 271 3405**
Email: ellie.legros@bigbrothersbigsisters.org.nz

Children Understanding Mental Illness

Free education program for Children 6-12 yrs.
Ph: **03 366 9284** Email: michelle.sfpb@xtra.co.nz

Footsteps to Feeling Safe

For children aged 5-12 years. Deal with the effects of family violence. Phone **03 378 2713** or **027 654 2128**

Sib Support

Programme for children 8-18 years who have a brother or sister with a disability or special need.
Ph: **0508 236 236** (& select option 2)

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

Breastfeeding support & information: Our group meets weekly on Fridays 10am-12pm in the Whanau room at Rangiora Health Hub (Rangiora hospital). Peer supporters are there to offer a hot drink, encouragement & a listening ear. 161 Ashley Street. Find us on facebook at Rangiora Mother4Mother Breastfeeding Support or contact Janine **0800 800 743** or **027 588 1007**
Janine.pinkham@rcpho.org.nz

Mothers Supporting Mothers

Provide support & education to pregnant women & new mums. Enquiries: Gabrielle **027 306 9407**

Plunket Parenting Education (PEPE)

For enquiries Email cantv.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 – Toolbox parenting Courses – 3 courses available, Preschool, Primary & Tweens & Teens. Over 6 weeks gain practical strategies, inspiration & encouragement.

Ph: Kirsten **03 379 6053** or Email canterbury@parentingplace.nz

(Updated 12/04/2018)