

## WOMEN'S REFUGE/DOMESTIC VIOLENCE/ABUSE SUPPORT SERVICES

### HESTIA RODNEY WOMEN'S REFUGE

**Website:** www.hestiawomensrefuge.co.nz

**Phone:** Hibiscus Coast 09 4275154, Helensville 09 420 6083

**Mobile:** 021 0811 7790 / Northern Outreach Advocate 021 243 6966

Hestia provides comprehensive family violence services to women and children. We support and advocate with families to create safety plans for immediate safety and if needed planning for safety in the future.

### TE RITO RODNEY

**Phone:** 09 426 6524

A collaborative family violence prevention project that provides a network for service providers. Engages in projects to raise awareness, changing community attitudes and behaviour about family violence.

### SHINE

**Website:** www.2shine.org.nz

**Phone:** Free National Helpline 0508-744-633 (9am - 11pm, 7 days a week)

Every year, Shine directly helps thousands of adult and child victims of domestic abuse to be safer, and motivate hundreds of men that hurt their families to change their behaviour.

### EXPECT RESPECT - YOUNG WOMEN AND HEALTHY RELATIONSHIPS

**Website:** www.expect-respect.org.nz

A site that every young woman should visit before thinking about going out with a boyfriend or partner

### GREAT MATES

**Website:** www.gr8mates.org.nz

A website for teenagers supporting friends who have had an unwanted sexual experience

### HIBISCUS COAST VICTIM SUPPORT

**Email:** hibiscus\_coast@victimsupport.org.nz

**Phone:** (09) 424 6515 **Crisis phone:** 0800 VICTIM / 0800 842846

Practical & emotional support for victims of crime, accident & emergency. Confidential service, 24 hours, 7 days a week

### PREVENTING VIOLENCE IN THE HOME

**Website:** www.preventingviolence.org.nz

Services include a national 0508 Family Violence Helpline; 24 hour crisis and advocacy for adult and child victims of family violence; a stopping violence programme for abusive people; a Child Crisis Team intervention service for children who have witnessed family violence; coordination of SAFTINET, an interagency network; and also many different training programmes.

### RAPE PREVENTION EDUCATION AUCKLAND - WHAKATU MAURI

**Website:** www.rpe.co.nz

Rape Prevention Education (RPE) links you to Rape Crisis Centres around NZ that can provide free support, counselling (both phone and face-to-face), practical assistance, advocacy, and resources for people who are survivors of rape and/or sexual abuse.

### SEX'N'RESPECT

**Website:** www.sexnrespect.co.nz

Sex'N'Respect talks about how to heal after experiencing abuse, how to help a friend, how to step up and be an active bystander if you see something dodgy, consent, what to do if you are being sexually harmful and much more!

### ABUSE PREVENTION SERVICES

**Phone:** 09 425 8130 • **Email:** rsvs@clear.net.nz

Offering programmes and counselling for women, men & children in the Hibiscus Coast and Warkworth areas.

### VICTIM SUPPORT NORTH RODNEY

**Phone:** 09 425 8109 (Warkworth Police 24 hours) / 0800 VICTIM.

A 24 hour, 7 days a week agency working with victims of crisis & trauma. Provides advocacy, court assistance, and support for victims of homicide, family group conferencing, restorative justice, referral to specialist organizations and victim impact statements. Covers Puhoi through to Kaiwaka, & Mangawhai over to part of the Kaipara area.

### PREGNANCY COUNSELLING SERVICES INC.

**Phone:** 09 307 6745 / 0800 NEED 2 TALK (24 HR) 0800 633 328

A free, confidential, 24 hour counselling & practical help service for anyone involved in a worrying pregnancy or those distressed after an abortion. Face-to-face counselling by arrangement. Help to solve problems of accommodation, home help, transport, medical care, legal advice. Free pregnancy testing & baby gear.

## PREGNANCY

### HOW TO FIND A MIDWIFE

**Website:** www.findyourmidwife.co.nz

### WARKWORTH BIRTHING CENTRE

**Website:** www.warkworthbirthcentre.co.nz • **Phone:** 09 425 8201

Pre-Natal-Free Prenatal, Birth and Parenting Classes.

### HELENSVILLE BIRTHING UNIT-TE PUNA WHĀNAU KITE AWAROA

**Website:** www.birthcentre.co.nz • **Phone:** 09 420 8747

A free service within a community as an alternative to hospital care, available seven days a week, twenty-four hours a day.

### WELLSFORD BIRTHING UNIT

**Website:** www.healthpoint.co.nz/public/obstetric-and-gynaecology/wellsford-birthing-unit/

**Phone:** 09 423 7682

A relaxed, professional and comfortable environment with quality birthing and postnatal care for both mother and baby.

### PREGNANCY HELP INC.

**Website:** www.pregnancyhelp.org.nz

Provides free and client focused practical assistance, information and advice during pregnancy and early childhood.

### TWIN LOSS NZ

**Website:** www.twinloss.org.nz

A nationwide support group for families who have suffered the loss of one or more or all of their twins, triplets or more from early pregnancy through to childhood and beyond, including the loss of a twin sibling in adulthood.

### HIBISCUS COAST MIDWIVES

**Website:** www.hibiscuscoastmidwives.co.nz

**Phone:** 0800 932 4784

Experienced Independent Midwives providing continuous care for women throughout their Pregnancy and the Postnatal Period on the Hibiscus Coast and surrounding areas. All care is free.

## COMMUNITY SUPPORT SERVICES

### CITIZENS ADVICE BUREAU

**Website:** www.cab.org.nz

**Phone:** 09 420 7162 (Helensville), 09 423 7333 (Wellsford), 09 426 5338 (Orewa)

An information service open to all on Community, Consumer, Family, Personal, Education, Employment and Business, Finance and Benefits, Housing, Legal and Government issues. JP available four times a week. Access to free legal advice.

### WINZ (WORK AND INCOME NEW ZEALAND)

**Website:** www.workandincome.govt.nz • **Phone:** 0800 559 009

Community services card, childcare, accommodation supplement.

### CHILD, YOUTH AND FAMILY, OREWA

**Website:** www.cyf.govt.nz • **Phone:** 09-9044620

Child, Youth and Family works with children and young people, parents, families and community services/agencies to help protect, support and care for children.

### NATIONWIDE HEALTH AND DISABILITY ADVOCACY SERVICE

**Website:** advocacy.hdc.org.nz • **Phone:** (09) 441 9001 – North Shore / Rodney office, or toll free 0800 555 050

Under the Health and Disability Commissioner Act 1994, the Health and Disability Advocacy Service supports consumers to achieve early complaint resolution with any health or disability provider. The service is free and available to all.

### HOUSING NEW ZEALAND

**Website:** www.hnzc.co.nz • **Phone:** 0800 801 601

Access for New Zealanders to good quality affordable homes

### IRD INLAND REVENUE DEPARTMENT

**Website:** www.ird.govt.nz • **Phone:** 0800 227 773

Working for families' tax credit

### WAITEMATA COMMUNITY LAW CENTRE

**Website:** www.waitematalaw.org.nz • **Phone:** 0800 529 463

Free legal help to people on low incomes. There are no appointments necessary, and we do not charge for our services

### HELENSVILLE/WAIMAUKU FAMILY BUDGET SERVICE

**Phone:** 09 420 7740

Free and confidential budgeting advice to all people who are in need of such services

### WARKWORTH / WELLSFORD BUDGET SERVICE INCORPORATED

**Website:** www.familybudgeting.org.nz/subdomains/warkworth-wellsford-budget-service-inc

**Phone:** 09 423 7123

Providing free budgeting advice to help you sort your finances

### NORTH HARBOUR BUDGETING SERVICES

**Website:** www.northharbourbudgetservice.familybudgeting.org.nz

**Phone:** (09) 448 5655

Providing FREE confidential budget advice to all people on the North Shore and Hibiscus Coast

### HIBISCUS COAST COMMUNITY HOUSE

**Website:** www.hbcccommunityhouse.org.nz

**Phone:** 09 426 3598 • **Email:** hbcccommunityhouse@xtra.co.nz

We are a not for profit community organisation who offer various social and support groups, such as AA & Empathy (suicide support), budget advisor appointments, venue hire, car seat rental and food bank by referral.

## PARENTING EDUCATION

### HIPPY

**Website:** www.greatpotentials.org.nz/our-programmes/hippy

**Phone:** 09 423 6006 extn 6 (Wellsford), 009 420 7434 (Helensville)

HIPPY ( Home Interaction Programme for Parents and Youngsters) helps parents teach their children the skills they need to make a successful start at school. Children start HIPPY when they are 3 ½ to 4 ½ years old.

### THE PARENTING PLACE

**Website:** www.theparentingplace.com

**Email:** info@theparentingplace.com • **Phone:** 09 524 0025 or 0800 53 56 59

A National not-for-profit organisation working to enhance the lives of families and young people in communities by encouraging and strengthening parents with parenting programmes

### ADAPT FAMILY SOLUTIONS

**Website:** www.adapt.net.nz • **Phone:** 021 318 879or 021 318 139

An accredited CYF provider, offering specialised mobile parenting and family development programs.

### TOUGHLOVE AUCKLAND INC.

**Website:** www.toughlove.org.nz • **Phone:** 09 624 4363

A non-profit, self-help organisation that provides ongoing education and active support to families and parents of teenagers whose behaviour is unacceptable.



Health Link North would like to thank Auckland Council and Pub Charity Limited for their support in producing this brochure.



You can order further copies of this brochure from:

**Health Link North**

PO Box 300708, Albany 0752

Ph: 09 415 0074

http://healthlinknorth.org.nz

### AUCKLAND SINGLE PARENT'S TRUST

**Website:** www.singleparents.org.nz

A self-help group devoted to the interests of: Single dads, mums, and their children.

### HIBISCUS COAST GRANDPARENTS PARENTING GRANDCHILDREN

**Website:** www.raisinggrandchildren.org.nz/242361

**Phone:** 09 426 7595 (Hibiscus Coast) or Mobile: 0274 802 287

Providing support for grandparents raising grandchildren, as the primary caregivers, on the Hibiscus Coast and surrounding areas. Meet others in the same situation.

## DISABILITY SERVICES

### PHAB

**Website:** www.phab.org.nz • **Phone:** 09 4887490

PHAB is the sector leader for youth with disabilities in the wider disability community. PHAB's core offering is a network of 18 weekly social groups throughout Auckland.

### YES DISABILITY RESOURCE CENTRE

**Website:** www.yesdisability.org.nz • **Phone:** 09-414 5360

Yes Disability Resource Centre is a family and community one-stop-shop. Yes provides connections to social, recreational and support services. Yes has an innovation hub for young people to design their own projects and programmes.

### PARENT TO PARENT AUCKLAND...AND ALTOGETHER AUTISM

**Website:** www.parenttoparent.org.nz • **Phone:** 09-6255021

We are a matching and information service, empowering families and whanau of people with disabilities and health impairments through support and information

### DISABILITY CONNECT

**Website:** www.disabilityconnect.org.nz • **Phone:** 09 636 0351

Disability Connect is an umbrella organisation to support families raising a child with a disability by offering disability information and seminars.

## TEEN PARENTING/EDUCATION

### TE HE WERO O NGA WAHINE TEEN PARENT UNIT (HELENSVILLE)

**Website:** www.teenparentschools.org.nz/our-school/he-wero-o-nga-wahine/

**Email:** he.wereo@xtra.co.nz • **Phone:** 09 837 7570 **Mobile:** 021 027 12208

Provides Secondary School Education for parents aged under 18. Students can bring their babies to be cared for in the childcare centre while they study to complete NCEA and Life Skill Programmes.

### DUNE LAKES HORSE INSPIRED LEARNING CENTRE (HELENSVILLE)

**Website:** www.dunelakeslodge.co.nz • **Phone:** 09 420 2040

**Email:** info@dunelakeslodge.co.nz

Is the best thing for a parent, child or family a horse? We offer Equine Assisted Growth and Learning by nationally certified professionals in horsemanship and social work.

### LITERACY NORTH SHORE (WELLSFORD)

**Website:** www.literacynorthshore.org

**Phone:** (09) 444 0420 • **Email:** admin@literacynorthshore.org

Supports youth and adults to improve their writing, reading, understanding of numeracy and financial literacy, read and learn the Road Code to take the Learner Driver Licence Test, prepare for tertiary study or learn basic computing skills.



# Parents and Family



## Services for parents and families with children in Rodney region and Hibiscus Coast

