

# Whanau Marama



## PARENTING

No. 49  
August/  
September  
2016

**Welcome to our August and September Newsletter!**

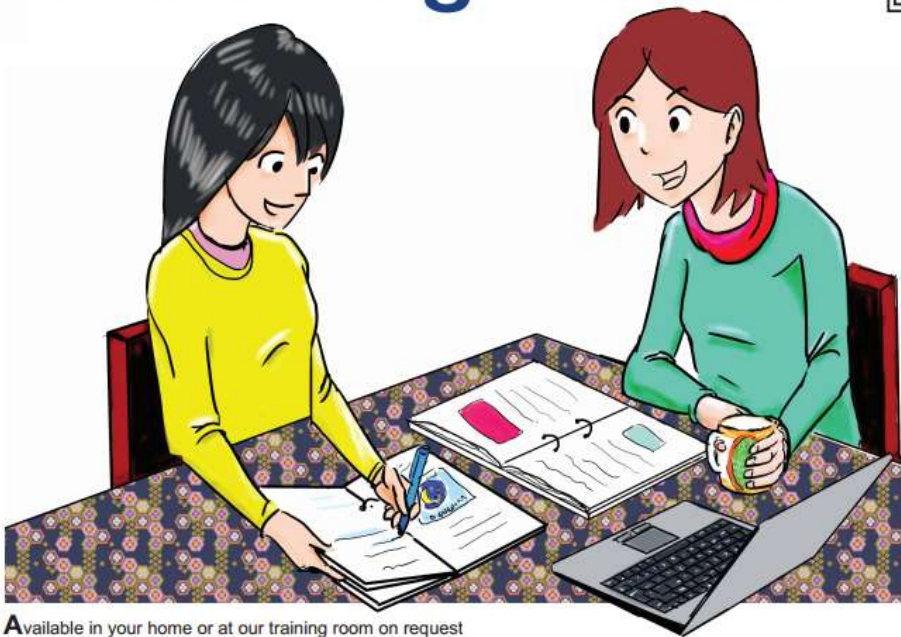
In each newsletter we will keep you informed with up to date information about with what is happening at Whānau Mārama Parenting and include some great parenting tips and strategies as well as lots of other inspiring ideas.

## Courses for Parents Term 4



### One on One Parenting Courses

Whānau Marama Parenting  
is proudly supported and promoted by  
**Glenfield Tax Accountants**  
The home of new ventures (and adventures)  
We help people launch and grow their  
new businesses  
Phone 4437741  
[www.glenfieldtax.co.nz](http://www.glenfieldtax.co.nz)



Available in your home or at our training room on request

For more information and cost please ring Ph: Tamati: 4410208 | Elizabeth: 4410209 | Eunmi: 5516960

Venue: Whānau Marama 212 Archers Road, Glenfield, North Shore (Under Glenfield Tax Accountants)



## Positive Discipline for under 4's Course (8 weeks)

Suitable for parents of babies and young children aged from Newborn to their 4<sup>th</sup> Birthday



**Begins on Tuesday 18<sup>th</sup> October**  
**9.30am-12.30pm and**  
**continues each Tuesday until 6<sup>th</sup> December**

Venue: 4 Locket Road, Glenfield (Behind the house)  
For further information phone:  
Elizabeth 441 0209 | Tamati 441 0208  
| Jumi 551 6960 (Korean) | Haiying 551 6974 (Mandarin)  
Enrol online [www.whanaumarama-parenting.co.nz](http://www.whanaumarama-parenting.co.nz)



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## Effective Discipline (10 weeks)

Suitable for parents aged 4 – 11 years

**Morning Course 9.30am-12.30pm**  
Begins on Wednesday 12<sup>th</sup> October and continues  
every Wednesday until 14<sup>th</sup> December

This course costs: **\$50**

**You will learn 25 practical skills and strategies of how to positively discipline your child by building a strong relationship with them. This relationship enables them to be more willing to listen your instruction and guidance while teaching them to take care of their own personal responsibilities**



**Based on the S.K.I.P**  
**6 Principles**  
**of Effective Discipline**

4 Locket Road, Glenfield (Behind the house)  
For further information phone:  
Elizabeth 441 0209 | Tamati 441 0208  
| Jumi 551 6960 (Korean) | Haiying 551 6974 (Mandarin)  
Enrol online [www.whanaumarama-parenting.co.nz](http://www.whanaumarama-parenting.co.nz)



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# Parenting Adolescents (10 weeks)

Most suitable for parents of teenagers 12 years and over

**Evening Course 6.30pm-9.00pm**  
Begins on Tuesday evening 11<sup>th</sup> October and  
Continues each Tuesday evening until 13<sup>th</sup> December

This course costs: **\$50**

**You will learn 23 practical skills and strategies to strengthen our relationship with your teen and help them to be willing to listen to your guidance and consistently take care of their personal responsibilities**

**S.K.I.P**

Strategies with Kids | Information for Parents

Based on S.K.I.P's 6 principles of Effective Discipline

4 Locket Road, Glenfield (Behind the house)  
For further information phone:  
Elizabeth 441 0209 | Tamati 441 0208  
| Jumi 551 6960 (Korean) | Haiying 551 6974 (Chinese)  
Enrol online [www.whanaumarama-parenting.co.nz](http://www.whanaumarama-parenting.co.nz)



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## Kiwi Parenting for Newcomers to New Zealand

新西兰新移民了解当地的亲子教育方式

Suitable for parents/grandparents of all cultures 适合来自不同文化背景的家长

### Free One Day Workshop

免费的全天讲座-英文授课但提供中文讲义  
**Monday 21st November 10.00am-2.30pm**  
11月21日周一早上十点至下午两点半  
**Lunch provided**  
提供午餐

#### Topics include 相关主题包括:

- \* Traditional Maori parenting (a brief look at how Maori used to parent)
- \* 毛利传统育儿方式 (简要回顾毛利过去是如何教育孩子的)
- \* Changing ways of parenting
- \* 改变教育孩子的方式
- \* Parenting and New Zealand law
- \* 孩子教育与新西兰法律
- \* Parenting and Aotearoa today
- \* 孩子教育与今天的长白云之乡
- \* Practical positive parenting skills for children of all ages
- \* 实践性的正面孩子教育技巧 (适用于所有年龄段的孩子)

**Venue 地点:** 4 Locket Road, Glenfield (Behind the house)

For further information 更多资讯 phone 请致电:

Elizabeth 441 0209 | Tamati 441 0208

| Jumi 551 6960 (Korean) | Haiying 海英 551 6974 (Mandarin 国语)

[www.whanaumarama-parenting.co.nz](http://www.whanaumarama-parenting.co.nz)



INTERNAL AFFAIRS

Te Tari Taiwhenua

HA PANGO MA WHERO KA TUTU TATOI  
**Raeburn House**  
CONNECTING PEOPLE - BUILDING COMMUNITIES



# Introduction to Positive Discipline

Presented by Whānau Mārama Parenting

Suitable for parents of children aged between their 2nd Birthday and 4th Birthday

Every **Friday** Morning 9:30am - 10:30am, **Takapuna Library**

**Free**

Week One	Three Parenting Styles	14	<sup>th</sup> October
Week Two	The importance of Playing with child	21	<sup>st</sup> October
Week Three	Communicating Expectations	28	<sup>th</sup> October
Week Four	Positive response to Tantrums	4	<sup>th</sup> November



Proudly supported by



If you wish to attend either enrol at Takapuna Library or phone Haiying 551 6974

Haiying's Email: [haiying@whanaumarama.co.nz](mailto:haiying@whanaumarama.co.nz)

Course Facilitator: Noriko ([norikohill22@gmail.com](mailto:norikohill22@gmail.com))



# Introduction to Positive Discipline

Presented by Whānau Mārama Parenting

Suitable for parents of children aged between their 2nd Birthday and 4th Birthday

Every **Wednesday** Morning 9:30am - 10:30am, **Glenfield Library**

**Free**

Week One	Three Parenting Styles	19	<sup>th</sup> October
Week Two	The importance of Playing with child	26	<sup>th</sup> October
Week Three	Communicating Expectations	2	<sup>nd</sup> November
Week Four	Positive response to Tantrums	9	<sup>th</sup> November



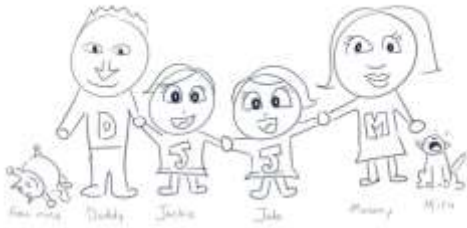
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If you wish to attend either enrol at Glenfield Library or phone Haiying 551 6974

Haiying's Email: [haiying@whanaumarama.co.nz](mailto:haiying@whanaumarama.co.nz)

Course Facilitator: Beth and Bernice



# Tamati's Tips for Dads

## **Growing up is no excuse**

**My phone went missing one night. For some reason I already knew what happened to it.**

**I asked Jackie who admitted she hid it away because I spend more time on my phone than with them. My darling joked that they should just handle it but then I began thinking. When did I stop tucking them in at night?**

**For some reason when they turned 10 I automatically thought, hey they are big, I can spend more time on what I want to do.**

**I realised there was some kind of breakdown in the amount of time I spent with them, so I decided to commit to putting them in bed. But guess what, the stuff I used which was great stuff last year, didn't work as well.**

**Tickles? No! They weren't ticklish anymore. Bedtime stories? No we read multi chapter books! Suddenly I had a new challenge and had to find other strategies to connect to my children.**

**So what did I do?**

**Well we read multi chapter books now, OMG they are so boring but my girls love them. We also play cards and before dinner we go for walks as our prep for sleep time. It's really great connecting.**

**There were two really important lessons from this experience.**

**\* First. Just because they get older doesn't mean you can let the relationship fall to the side.**

**\* Second. As they grow your strategies need to grow too. Have a good one.**



# Comments from parents attending our Parenting course in Korean

I asked my daughter how much I had changed after going to the parenting course she said "You're nice and calm even if inside you are angry. You use a soft voice so it is more understandable and comfortable for me to learn from my mistakes and remember what you said without having to be learnt the hard way."

엄마가 코스후어떻게 바뀐 것 같냐고 물었다. 딸아이가 말하길 "인제 엄마는 화나도 착해. 엄마가 내가 잘 못해도 착하고 예쁘게 말해 주니까 내가 뭘 잘 못 했는지 다음에 뭘 고쳐야 되는지 더 잘 이해 되고 기억하기 쉽게 배울 수 있어" 라 했다

I used to give them advice of how to solve their problem rather than listening to their feelings with empathy about their problem. I learnt this through the course, and I realised how much I needed to listen to my children's feelings when they were struggling on something.

난 평소 아이들에게 문제가 있으면 어떻게 그걸 고치거나 해결 할 것인지 바로 알려 주었다. 하지만 코스를 통해 아이들이 감정에 귀 기울여 주는게

When I went home and used the strategy to stop, turn and focus it made a huge surprising difference. When I used it to my first child said that it made him feel more love, cared for and respected. And now he can, without recitations, talk to me confidently and without restraint.

stop, turn and focus 를 아이에게 설명하고 적용해 보니 정말 놀라운 변화가 있었다. 큰아이가 말하길 "엄마가 나한테 더 신경 써 주는 것 같아요" 하며 너무 기뻐하고 좋아 했다.이후로 평소 눈치보던 큰아이가 나에게 말할때 스스로움이 없어졌다. 또한 아이와 나 사이에 스킨십에 더 진심이 담기고 자연스러워 졌다.

# Parent story

**This is a parent story from a one-on-one Effective Discipline course delivered to a Chinese couple in Mandarin at Whanau Marama Parenting.**

**The family had been living in New Zealand less than one year. Their eleven year old son was their only child. The move to New Zealand obviously placed huge pressure on the family, creating new challenges at work, home and school as well as attempting to adjust to a new world and culture.**

**As a result of these stresses and challenges mum and dad said that they always seemed to be shouting at each other, were very quick to anger and alternatively used silent treatment, creating a constantly tense, uncomfortable atmosphere at home. Mum and dad both, as a result of their own stress, wanted their son to follow their every word without compromise, thus gaining some feeling of power and control in their lives.**

**Their son's reaction to this new environment, his parent's behavior and tense home life, was significant. It caused him high levels of anxiety demonstrated by him frequently crying, feeling physically sick with anxiety, him not getting along with others, and like his parents, being extremely quick to anger or reach a heightened emotional state.**

**The son's school and other parents in the Chinese community became very worried about the family and suggested they attend a Whanau Marama Parenting course.**

**After attending the course the parents have seen a dramatic change in their relationship with their son and in their home environment. They said they have more of an understanding of their son and he in return has a better and more compassionate understanding of them.**

**Mum and dad also feel they both have more appropriate expectations of him and are better able to consider the circumstances he has been in, and stresses he has been carrying. They believe they know how to best show love and provide support and a nurturing environment for their child.**

**Mum and dad said that their son also now shows more understanding and has gained better communication surrounding their feelings and expectations of him. He also has more willingness to achieve those expectations. For example the couple was not able to buy their son a birthday present on time, but their son was not pushy or angry, but instead showed a compassionate understanding of the situation beyond his years. Mum and dad stated that before their participation in the course this situation would have most likely resulted in a tantrum. However now he is more understanding about the fact that things are difficult for his parents at the moment too.**

**This couple's overall experience of attending the course was extremely positive. They wrote, "This course has been very helpful for us, especially in helping us recognize where our parenting style and attitudes towards our son were limiting the relationship we had with him. It helped us find the solutions to our challenges and made the purpose and goals of our parenting much clearer."**



# Elizabeth's parenting tip for the month

## Six ideas for managing tantrums

### *1. Prevent them if we can*

We can look out for tantrum triggers and head them off before they happen. Be alert.

Are they tired? Hungry? Bored? Or is it certain situations or places? eg. Taking our child to the supermarket when they are already tired and hungry after being at Kindy or Childcare for several hours then adding a "No" from us is almost a perfect recipe for a full-on tantrum.

So if we can, avoid situations that we know that are likely to bring them on. We can learn from previous times and be prepared to make changes eg. Try saying 'yes you can ...' instead of 'No', or going straight home instead of stopping off to pick up a few things from the shop.

### *2. Understand how our child's brain works*



The brain of a child in full tantrum mode is not able to think or reason. Don't worry about giving instructions or trying to distract them if they have already lost it. We need to help them calm down first.

### *3. Try not to give in to avoid a tantrum*

If we give in to our child's demands to avoid a tantrum, we teach them that tantrums work to get their own way.

This means the next time we say no, they're more likely to throw a tantrum to get what they want.

Our kids have been exploring 'cause and effect' since they were babies, they're very good at knowing what works when.

#### ***4. When a tantrum is in full swing***

**a. If the tantrum is happening at home and they are banging their head on the floor, find a small cushion or rolled up towel and place under their head so they will not hurt themselves. While waiting for the tantrum to subside we can try using a soothing technique to calm their brain eg. Speaking gently, singing, or trying to pat them. Or we can just stay quiet and wait out the tantrum. Sometimes just staying with them and making sure they are safe until they have calmed down is all we can do.**

**b. If the tantrum is happening out of the home, for instance in the supermarket, we can either wait it out by staying close to child and try speaking gently as above or by picking child up, their back to our front. Hold firmly and watch they don't swing their head back crashing into our mouth. Take child somewhere quiet where we can wait for the tantrum to subside. eg. In the car.**

**A tantrum in a public place is nearly always embarrassing for us as parents. It is helpful to remember many of the people around us have probably experienced the same thing. Try to keep calm.**

#### ***5. Praise them for calming down***

**When they have calmed down, give them lots of positive attention to reinforce that behaviour we want to see. Giving hugs help us to reconnect and reassures them that we still love them. Giving them a glass of water to drink can help them further calm down as swallowing helps regulate their breathing. It also brings oxygen into their blood stream which helps to calm their brain.**

#### ***6. Talking about feelings and what they could do next time***

**Afterwards we can help them name their feelings. "I know you're angry/ sad because ..."**

**We can also try a 'brain training' technique by asking them "what can you do next time when you are waiting for your turn or waiting for a lolly?"**



**Lots of simple effective tips for handling stuff all parents find stressful - issues like tantrums, toileting, whining and more.**

**Look up problems**

**Get simple tips that really work**

**Set challenges to keep yourself on track**

Available free on the Google Play and App Store.  
Skip.org.nz Facebook.com/SKIPcommunity

The image shows three smartphones displaying different features of the SKIP Tips app. The first phone shows a 'BROWSE' screen with categories like 'Tantrums', 'Running Away', and 'Not Listening'. The second phone shows a 'Not listening' screen with a list of tips: 'Make sure you've got their attention before you speak', 'Squat down and make eye contact', 'Speak in a calm voice', 'Ask for a response', and 'Don't call out from another room'. The third phone shows a '7 DAY CHALLENGE' screen with a 'Parent tip' to 'Put the kids to bed early and try again tomorrow when you're fresher.' and a 'Sweet! I'm on it!' button. The background is a light blue circle on a darker blue background.

Free for [Apple](#) and [Android](#) devices from the app store



**Looking for ideas for quality time?**

**Why not try the Tiny Adventures App from skip. This app is full of quick fun ideas to turn any moment with our child into a fun connecting moment.**

**Click on the links below for the I tunes or Google play versions**

[Download the free Tiny Adventures App from iTunes](#) (for Apple devices).

[Download the free Tiny Adventures App from Google Play](#) (for Android devices).

## **Agency News**

**Please send us your organization's news, information or events.**

**We will give you space for it in our next Newsletter.**

**Email:** [tamati@whanaumarama.co.nz](mailto:tamati@whanaumarama.co.nz) / [elizabeth@whanaumarama.co.nz](mailto:elizabeth@whanaumarama.co.nz)





## **One small step for your child, one giant leap for their education**

Hi, my name is Julie and I am your local Footsteps Teacher working in the heart of the North Shore. I work with many local families in the area to provide the Footsteps 'Learn' Programme. Funded by the Ministry of Education our free home-based programme entitles your child/ren to receive regular visits from a qualified early childhood teacher like me when there is a caregiver (other than you, the parent) in place. The caregiver can be anyone who provides regular care to your child such as a nanny, grandparent, relative or friend. I am trained to provide fun, one to one learning support, advice and ideas to ensure your child gets the best start. At Footsteps, we are committed to the highest quality which is why I receive an industry-leading 20 days training a year and have up to 75% smaller caseloads than other providers.

When you enrol with Footsteps you will receive:

- \* **Quality 1:1 Support** – to ensure tamariki are getting a personalised learning experience
- \* **Regular Visits** – from one of 55 qualified early childhood teachers working nationwide
- \* **Free learning resources** – tailored to your child's needs and interests
- \* **Learning journal** – a folder celebrating your child's life story and achievements
- \* **Access to subsidies** – to ensure you are getting the support your family is entitled to

**Enrolling is as easy as 1, 2, 3**

Keen to find out more about how Footsteps can support you and your child? Call Marion on **0800 366 878** or go online to [www.footsteps.co.nz/learn](http://www.footsteps.co.nz/learn)

## **Looking for childcare?**

Footsteps have a number of in-home caregiver's available to provide a safe, nurturing environment for your little one. Every child receive outstanding learning support from a Footsteps early childhood teacher to help them reach their full potential. Our service is free and allows you to access childcare subsidies. To find out more visit here or call Christine on 0800 366 878 who will ask a few more questions to ensure you get the perfect match.

# Other Parenting courses on the North Shore



**North Shore also provides Counselling for children affected by abuse including family violence alongside support for their protective parent(s) or carer(s). This can take place in school, at home or another safe location.**

**FamilyWorks North Shore offers other kinds of services to parents, children and families. Please contact Tania on 448 2633 for more details or to ask to speak to a Family Worker.**



**Toolbox Parenting Groups are small groups run by trained facilitators, run over 6 weeks, 6 x 2 hour sessions per course. They are positive, practical and fun. The cost is**

**\$67.50 per person or \$90 per couple. Subsidies are available – please ask. Whanau and foster caregivers are able to attend free.**

**The Parenting Place | Shireen Tresslor | Auckland North  
Toolbox Coordinator Ph/txt 021 052 4044**

**[www.theparentingplace.com](http://www.theparentingplace.com) |  
[aucklandnorth@theparentingplace.com](mailto:aucklandnorth@theparentingplace.com)**

# Plunket Parenting Through Separation Courses

## October to December 2016

Albany	Wed 12 Oct	One, four-hour session	10am-3pm	Plunket Hub, 8b Constellation Drive, Mairangi Bay, Auckland
Albany	Wed 9 Nov	One, four-hour session	10am-3pm	Plunket Hub, 8b Constellation Drive, Mairangi Bay, Auckland
Albany	Wed 7 Dec	One, four-hour session	10am-3pm	Plunket Hub, 8b Constellation Drive, Mairangi Bay, Auckland

Please check online schedule at

<http://www.plunket.org.nz/what-we-do/what-we-offer/parenting-education/parenting-through-separation/> for up-to-date course additions and cancellations.

To enrol:

- Email: [pts@plunket.org.nz](mailto:pts@plunket.org.nz)
- Phone: 0800 663714
- Online information and enrolment:

<http://www.plunket.org.nz/what-we-do/what-we-offer/parenting-education/parenting-through-separation/> or Google search “plunket parenting through separation” or go to [www.plunket.org.nz](http://www.plunket.org.nz) and search for “parenting through separation”



JAS-ANZ



NZ242.00



ISO  
9001

**Te Puna Hauora o Te Raki Paewhenua  
Society Incorporated**

58A Akoranga Drive, Northcote 0627

PO Box 36-056, Northcote, North Shore City 0748

**Phone** (09) 489 3049

**Administration / Social Services Fax No :** (09) 489 7390

**Clinic Fax No :** (09) 486 0750

**Email:** [administrator@tepuna.org.nz](mailto:administrator@tepuna.org.nz)

*Confident, Capable and Healthy Whanau*

**Te Puna's Mana Matua Parenting Programme is a kaupapa Maori programme that provides information and resources while encouraging knowledge sharing for whanau.**

**The 9 week Mana Matua Programme covers;**

**Family – Discovering your strengths as a parent and a family unit  
Development – Learning about the Foundation years Birth - 5 years old  
Behaviour – Understanding the behaviour & developing strategies and coping skills**

**Pre-teen and Teens – What to expect from your pre-teen/teen  
Assertiveness – Expressing your thoughts, feelings and experiences  
Goal Setting – Learning about dreams and desires and how to achieve them**

**Blended Families – Living with, and understanding what happens when 2 families are joined together**

**Safer Families – Learning to keep our children safe**

**Budgeting – Managing the day to day costs of living**

**Healthy Lifestyles – Healthy body, healthy mind**

**Home Safety - Safety awareness in and around the home**

**Health of the Children – Recognising the signs of a healthy child**

**Whanau are able to share their experiences ideas and views, while gaining new skills and knowledge to provide quality care for themselves and their children.**

**Parents are mentored at all stages of this programme by Te Puna Hauora kaimahi to regain and restore their Tapu and Mana**

**Contact Details; Mana Matua Facilitator**

**Phone: 489 3049**

**Email: [parentingprogramme@tepuna.org.nz](mailto:parentingprogramme@tepuna.org.nz)**





## **ABOUT SPACE**

**The SPACE programme is aimed mainly at first time parents with newborn babies, and has been designed to support parents through the first year of their child's developmental journey. The programme runs weekly for 3-4 terms (i.e. 30-40 weeks) in a relaxed, baby friendly atmosphere.**

**For more information and to register your interest visit Cedar Saplings website [www.cedarsaplings.co.nz](http://www.cedarsaplings.co.nz)**

# Agencies working with parents whose children live with an ASD disability



**Our Mission** is to educate, support and advocate for those affected by ADHD

## What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a medical term for a characteristic group of symptoms, which left untreated may lead to under-achievement and poor social skills despite normal intellect and quality parenting. Hyperactivity, inattention and impulsivity may be present singly or all together. It is now thought to affect as many girls as boys and occurs in all ethnic groups. Many children will carry some of the symptoms into adulthood. ADHD people are often creative, intuitive and highly intelligent. Capturing these special traits is one of the goals of treatment.

## How we can help

- ▶ We provide contact and support from others who have or have loved ones with ADHD.
- ▶ We offer access to a large resource library of books, DVD's, and articles.
- ▶ We supply information on aspects of ADHD including treatments, management, and research.
- ▶ We provide information on local resources such as specific tests, diets, diagnoses, and remedial programmes.

## Contact Us

ADHD Association Inc.  
PO Box 9063  
Newmarket  
Auckland 1149

**Phone:** (09) 625 1754

**Email:** [adhd@clear.net.nz](mailto:adhd@clear.net.nz)

to find out more visit  
[www.adhd.org.nz](http://www.adhd.org.nz)



aDapt Family Solutions delivers a parenting program one on one by our trained Family Support Consultants. The program is delivered in the home by our mobile team, providing flexible dates and times to suit the client including weekends.

aDapt's philosophy is all about strengthening the family by meeting their individual needs. There is a myriad of issues that affect families today including; relationship issues, financial pressures, parenting problems, health and nutrition, stress management, and a number of other areas crucial to the ongoing success of families today.

aDapt Family Solutions use training modules and information to provide a robust intervention that addresses the individual issues for each family.

- Parent Coaching
- Customised Intervention
- Mobile Service
- Program Resources
- Linking Services
- Referrer Reporting
- Agency Liaison
- Advocacy
- Youth Focus
- And more

**021 318 879**



# Asian Services



ASIAN COMMUNITY SERVICES TRUST



Parenting through separation



AN INFORMATION PROGRAMME FOR PARENTS



MINISTRY OF JUSTICE

**Parenting Through Separation (PTS) Programme**은 자녀를 두신 부모님들 중 이미 별거를 하셨거나 별거를 고려하고 계신 분들을 위한 **정부 지원 (Ministry of Justice) 무료 프로그램**입니다. Family Court에 자녀 양육 문제에 대해 소송 중이신 부모님에겐 **PTS Certificate**은 2014년 3월 31부터 **"의무 사항(Mandatory)"**입니다.



<http://blog.daum.net/moge-family/4921>

PTS Programme의 목적은 별거/이혼 상황에 놓인 부모님들과 그들의 자녀들이 그 시기를 지혜롭게 극복할 수 있도록 돕는 데 있습니다. 이 프로그램은 여러분이 별거/이혼 상황에 놓여있을 때 **여러분의 자녀가 어떻게 그 상황을 생각하는 지 또 어떻게 하면 여러분이 자녀가 그 상황을 잘 극복하게 도울 수 있는 지에 대해 알려드립니다.**

Asian Community Services Trust에서 비자 상관없이 교민분들에게 이 프로그램을 2013년 7월 부터 진행하고 있으니 궁금하신 점이 있으시면 연락 주세요. 연락처는 09 570 9099 또는 [info@acst.org.nz](mailto:info@acst.org.nz) 입니다.



# Counselling Services



## **Home and Family Counselling**

**Home and Family Counselling is a well-established community-based counselling service.**

**We provide counselling to children, youths, individuals, couples and families. We offer our service on a donation basis (on a sliding scale according to income).**

**We have three locations around Auckland – Mt Eden, North Shore and Hibiscus Coast.**

**For more information give us a call:**

**Mt Eden - 630 8961**

**North Shore / Hibiscus Coast - 419 9853.**

**[www.homeandfamily.org.nz](http://www.homeandfamily.org.nz)**

**Mt Eden | North Shore | Hibiscus Coast**



**Information, support and referral service.**

**Family Support Service.**

**General counselling around: domestic violence, relationships, depression, anxiety etc.**

**Legal clinic.**

**Drop in service.**

**Courses: personal development and special interest.**

**Older women's group.**

**Clothing exchange.**

**Library.**

## **Contact Info**

**Telephone: 09 444 4618**

**Email: [women.ctr@xtra.co.nz](mailto:women.ctr@xtra.co.nz)**

**Address: Mayfield Centre, 5 Mayfield Road, Glenfield,  
North Shore 0629**

**Postal Address: PO Box 40 106, Glenfield, North Shore 0747**

**Website: <http://www.womyn-ctr.co.nz/index.php>**

**Regions Served: North Shore, Rodney, Waitakere**

# Auckland Regional Migrant Services



[www.communityexpression.org.nz](http://www.communityexpression.org.nz) *How has our identity changed as migrant women?*

*finding our voice and identity in NZ*

**MIGRANT WOMEN'S DISCUSSION GROUP & WORKSHOP**

*Facilitated by Dheepa Nedungat.*

Our special discussion group and seminar provides migrant women with the space and support to explore barriers to self expression to becoming empowered and connected to our communities, and build new relationships with other migrant women.

**We will:**

- Explore our identities through sharing our stories
- Identify our challenges
- Design strategies and actions to address those challenges
- Share our experiences of addressing challenges and set up process to continue to support each other

**Wednesdays 11, 18 and 25 May**  
10am to 1pm  
Albany House, 575 Albany Highway, Albany  
\$5 donation/koha per session

Due to the nature of this session, space is limited. To register contact Chinwe Akomah on 09 625 3095 or email [chinwea@arms-mrc.org.nz](mailto:chinwea@arms-mrc.org.nz)

**Women must attend all three sessions to receive the full benefit.**

LIGHT REFRESHMENTS WILL BE PROVIDED

Upper Harbour Local Board

UARNZ

# Thanks for Your Support



**K A BOYD OPEN CHARITABLE TRUST**

And a big thank you also to all the Kohanga, Early Learning Centres, Schools, Businesses, Libraries, CAB's, Community groups and individuals that have helped us along the way



## **Whānau Mārama Parenting's Vision**

**“Together with parents we are creating strong, supportive and loving whanau where tamariki experience that they are precious toanga”**

## **Whānau Mārama Parenting's Mission**

**“To be a respected, dynamic organisation through developing and delivering high quality practical and effective courses for parents”**

