

Whanau Marama



PARENTING

No. 51
December
2016

Welcome to our December Newsletter!

We wish you all a wonderful Christmas holiday and a great start to the coming year. Whānau Mārama Parenting will close on December 15th 2016 and reopen on January 16th 2017.

MERI KIRIHIMETE



Left: Haiying, Na, Tamati, Jumi, Elizabeth, Betty

Right: Dayna, Jeongmin, Steve

photo taken Whanau Marama Kitchen for 5th Birthday

祝大家圣诞快乐



“花些时间与孩子在一起，是我们能够给予他们最重要的礼物”

MERRY
CHRISTMAS

2016

圣诞快乐

새해 福 많이 받으세요

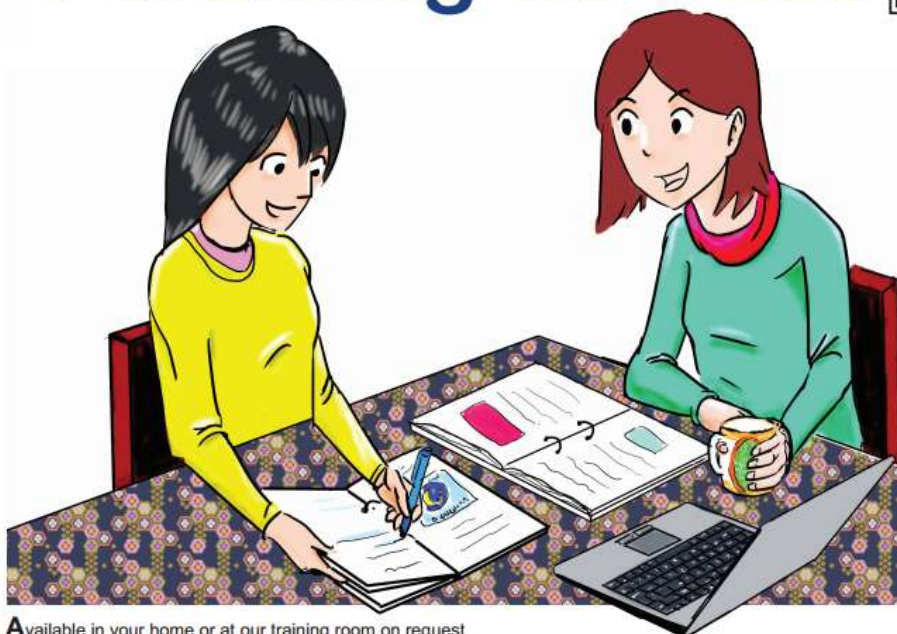


Courses for Parents Term 1 2017



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.glenfieldtaxaccountants.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)



Introduction to Positive Discipline

Presented by Whānau Mārama Parenting

Suitable for parents of children aged between newborn to their 2nd Birthday

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

Free

Week One	Infant's brain development and the importance of keeping calm	15 th February
Week Two	Finding effective ways to de-stress	22 nd February
Week Three	Baby becomes an active participant	1 st March
Week Four	Play time	8 th March



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Glenfield Tax Accountants
The home of new ventures (and adventures)
We help people launch and grow their
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Phone 4437741
www.glenfieldtaxaccountants.co.nz

2017

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

Na's Email: na@whanaumarama.co.nz

Course Facilitator: Na and Tamati



Introduction to Positive Discipline

Presented by Whānau Mārama Parenting

Suitable for parents of children aged between their 4th Birthday to 11th Birthday

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

Free

Week One	Family/Whānau time skill	22 nd March
Week Two	Stop, Turn and Focus skill	29 th March
Week Three	Communicating our One-off requests	5 th April
Week Four	Communicating our expectations	12 th April



Proudly supported by



2017

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

Na's Email: na@whanaumarama.co.nz

Course Facilitator: Na



有效的教导 (9 周)

周五早上 9.30am-12.30pm
2017 年 2 月 10 日开始 至 4 月 7 日

课程费用: \$50

你将学到非常实用的 24 个技巧与策略, 以用于巩固你与孩子的关系并能够使孩子更自觉听从你的教导, 更自愿学习如何承担自己的个人责任

S.K.I.P
Strategies with Kids | Information for Parents

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

4 Locket Road, Glenfield

更多资讯请联系: 海英

电话 551 6974 (国语)

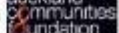
halying@whanaumarama.co.nz

www.whanaumarama-parenting.co.nz

适用于 4-11 岁孩子的家长



荣誉赞助机构为





Effective Discipline (10 weeks)

Morning Course 9.30am-12.30pm
Begins on Tuesday 7th February and continues every Tuesday until 11th April.

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

S.K.I.P

Strategies with Kids | Information for Parents

**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



Proudly supported by



Parenting Adolescents (10 weeks)

Most suitable for parents of teenagers 12 years and over

Begins on Tuesday evening 7th February
6.30pm-9.00pm and continues each Tuesday evening until 11th April

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



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10 대 아이를 위한 부모교육 (10 주코스)

10 세-18 세 아이를 둔 부모대상

10 대 아이들의 뇌 발달은 우리가 생각하는 것처럼 그리 단순하지 않습니다. 과학적인 조사를 통해 알려진 뇌 발달 과정과 10 대들이 느끼는 감정을 이해함으로써 좀 더 쉽게 아이들에게 다가가는 법을 배웁니다.

일시: 매주 목요일 오전 9.30am-12.30pm

(10 weeks)

기간: 2017 년 2 월 9 일 ~ 4 월 13 일

주소: Training room behind

4 Locket Road, Glenfield

Ph:09 551 6960

email: jumi@whanaumarama.co.nz

betty@whanaumarama.co.nz



온라인 등록 www.whanaumarama-parenting.co.nz

Proudly supported by



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

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



Begins on Wednesday 15th February
9.30am-12.30pm and
continues each Wednesday until 5th April

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

For further information phone:

Elizabeth 441 0209 | Tamati 441 0208

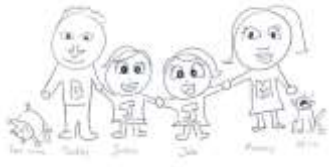
| Jumi 551 6960 (Korean) | Haiying 551 6974 (Mandarin)

Enrol online www.whanaumarama-parenting.co.nz



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Tamati's Tips for Dads

Quality Time

As my girls get older they get wiser to what quality time can be. I suppose it's like their vocabulary is getting bigger and they want to spend it in more ways than what they used too.

Before I did a parenting course I would spend time with the girls, but not really quality time, the reason I know it wasn't quality time is because they were more demanding afterwards.

If you can imagine your child as a bottle and quality time being the formula, I wasn't really filling the bottle to the top which meant it ran out faster and they'd keep coming back for top ups, which for me felt like they were being needy and annoying.

When I first met Elizabeth and did my first parenting course based on The Five Love Languages I was challenged to try and spend quality time with my girls, one to one and with no distractions. With the TV off, computer off, and phone off. This was so hard. It was 2009. Cell phones and computers and laptops were much easier to get, plus we had sky and a playstation2. Can you imagine how hard it was, I felt like I had waiting all my life for technology to get to this stage and I had to force myself to ignore it.

Luckily we only had to practice 20 minutes per day. I had to make a plan to make sure this happened. Number One was Bath time. I would bath them one at a time to get that one on one time. Number Two was painting nails. I remember my darling asking me what I was doing. I said painting nails. She said you don't paint nails like that. It was messy but fun.

Last was First Aiding. I hated them wasting plasters so turning that into a game made things so much easier. I began to enjoy spending time with me girls, they were less demanding of me because they had full tanks and overtime it became easier for me to put the controller down or the laptop and the controller and be there for my girls when they needed top ups.



The Heart space I made for my girls. They are 1 year old here but they were 3 years when I did the course

Spending time with our children/ tamariki is the greatest gift we can give to them.

“花些时间与孩子在一起，是我们能够给予他们的最重要的礼物”。“圣诞快乐”

우리가 아이들에게 주는 최고의 선물은 아이들과 시간을 함께 보내는 것이다.

Elizabeth's tip for parents

Family/ Whanau Time

1. It is a time when members of a family connect *with* each other in a loving way. It is a time when parents give their *100% attention* to their tamariki/ children.
2. It may involve playing together, sharing a special time, listening to each other, having fun, sharing emotions and being together in ways that each member of the whanau enjoys.
3. Family/ whānau time can be one on one time between a parent and one child, two parents and one child or all the tamariki with one or both parents.
4. It may be a 'planned' activity time or occur on the 'spur of the moment'. For some families it is maybe more helpful to plan together for this time when everyone will be at home. The danger perhaps, in some instances, is that in the busy lifestyle of the whanau these regular times may get set aside or even forgotten.
5. This time needs to be a consistent event within the family with at least one hour each week being devoted to connecting together in this way. Shorter periods of time are equally rewarding either daily or, for instance 3 x 20 mins each week. The main goal is for this time to be a regular, consistent and important priority for each whanau member.
6. Family/ whānau time is not a time for arguing, giving lectures, telling the tamariki how they have been naughty, or relating in any way that disconnects the hearts of any family member from each other. If during family time tamariki need guidance around behaving in a more acceptable way this needs to be given in a loving and respectful manner. We need to keep upper most in our mind it is our child's loving heart connection with us that enables and motivates them to actually behave according to our expectations, values and beliefs.
7. It is time we give unconditionally to them which does not depend on their behaviour. It should not be removed for unacceptable behaviour.

海英愿与家长们一起分享的育儿小策略

家庭时刻

1. 这是一个家庭成员们用一种关爱的方式来相互关怀陪伴的时刻。这也是一个父母给他们的孩子 **100%关注** 的时刻。
2. 它可以是家庭成员一起玩耍来 **分享** 这个特别的时刻。互相倾听，分享情感，享受天伦之乐，感受彼此的陪伴，记得应该让每个家庭成员都觉得很“享受”。
3. 家庭时间也可以是爸爸或妈妈和一个孩子一对一的，或父母双方和一个孩子，又或父母一方或双方与一个孩子或所有孩子一起。
4. 家庭时刻可以是 **被计划好的** 也可以是“**临时起意**”的。对于有些家庭来说，计划好的家庭时刻更为适宜，因为那个时候大家都正好在家中。但可能存在的风险是-当家庭成员都非常繁忙的时候，这些计划好的时刻可能就会被搁置甚至被遗忘。
5. 家庭时刻需要被持续不变的进行，最好是每周 **至少一小时** 专门用来维持家庭的凝聚力。当然每天 10 分钟或每周三次每次 20 分钟这样均等的规律时间也同样有益。主要目标就是要把这个时刻变为有规律的，始终一致的和优先被考虑的家庭活动。
6. 家庭时刻不是用来争执，训话（碎碎念），或责备孩子-他们是如何如何的淘气，或其他任何破坏家庭凝聚力的方式。如果在家庭时刻进行中，孩子对于某些行为需要父母的指导，那么父母应该以一个充满关爱和尊重的方式给予孩子指导。我们需要一直提醒自己，“**让我们和孩子心连心**”这样才能激励孩子并让孩子遵从我们的期望，价值观和信念。
7. 我们 **无条件地给与孩子的这些家庭时刻** 并不依赖于他们行为的好坏。换句话说，他们行为不当是，也不应该取消这些家庭时刻。（此策略有助于他们的行为）

From Jumi and Betty

Family Time

1. 이것은 가족 모두가 서로와 소통하는 사랑의 시간이다.
2. 이것은 함께 놀거나 함께 재미를 찾는 시간이다. 또는 서로의 말에 귀 기울이거나 서로의 감정을 나누는 특별한 시간이다. 가족 모두가 함께 있으면서 즐기는 모든 시간을 지칭한다.
3. 패밀리 타임은 부모중 한 명과 자녀 1:1 로 이루어지는 경우가 많지만 양쪽 부모와 자녀, 또는 양쪽 부모와 아이들로도 이뤄질 수 있다.
4. 이 시간은 미리 계획을 세울 수도 있고, 아니면 아니면 갑자기 이뤄질 수 있다. 가족 모두가 집에 있을 때 함께 미리 시간이나 무엇을 할 지에 대한 계획을 세우는 것이 좋다. 바쁜 생활속에서는 이러한 정규적인 패밀리 타임이 뒤로 밀리거나 심지어는 잊혀질 수 있기 때문이다.
5. 이 방법으로 서로 소통하기 위해서는 적어도 1 주일에 1 시간 이상은 정기적으로 패밀리 타임을 갖는 것이 필요하다. 아니면 매일 10 분씩, 또는 20 분간 3 번 나누어서 패밀리 타임을 가진다. 목표는 이 시간이 가족 모두에게 정규적으로 가지는 중요한 시간으로 인식되는 것이다.
6. 패밀리 타임은 싸우거나 가르칠려고 하거나 아이들이 얼마나 못되게 굴었는지 혼내는 시간이 아니다. 만일 패밀리 시간동안 아이들이 좀 더 나은 방법으로 행동하는 것에 대한 가이드가 필요하다면 이것은 사랑과 존경의 매너로 이뤄져야한다. 우리에게 대한 아이의 사랑이 우리의 기대와 가치, 믿음을 따르게 하는 동기부여가 된다는 것을 우선적으로 고려해야 할 것이다.
7. 이러한 소통의 기회는 우리가 잠시 멈추고 다가가 100% 우리의 관심을 틴에이지에게 줄 때도 일어날 수 있다. 그들이 우리에게 올 때만 발생하는 것은 아니다.
8. 이 시간은 부정적으로 반응하거나 비난하거나 비평하는 시간이 아니라는 것을 기억해야 한다. 이것은 서로 소통 하고 즐기는 시간인 것이다..

멈추고 그 순간 100% 집중할 수 있는 기술은 우리의 틴에이지에게 우리의 따뜻함을 보이고, 부모의 참여를 높일 수 있게 하는 가장 효과적이고 강력한 방법중 하나이다. 아이들에게 이러한 따스함을 경험하게 하는 건 우리의 책임이며 이런 감정의 경험을 한 아이들은 좀 더 교육시키기 편하다

Elizabeth's tip for parents of teenagers

One on One Quality Time



One on One Quality Time is when we spend time to be with, and connect with, our adolescent in a caring and supportive manner. It is by giving them our *undivided attention* that our love is conveyed to them and shows them that they are important in our life.

To ensure we spend regular quality time with our teen it is helpful to follow these guidelines;

1. We can set a regular time, for instance ten minutes every night after dinner to either just to talk with teen, play a game teen enjoys or watch teen play a game on computer. Or for a longer period of time for instance; going out for a hot chocolate, to ten pin bowling, window shopping or to see a movie. The importance is that this time is used by doing an activity the teen enjoys and one in which you can give your teen your undivided attention.

2. It can also be an unplanned, spontaneous time where on the spur of the moment we begin to spend time with our teen. For this approach to work as a 'regular' quality time we need to be on the continuous outlook for these moments.



These tend to occur when our teen wants to talk or share something important to them or engage us in a activity which may or may not be a an entirely convient time for us. For instance when we go into their bedroom at night

These tend to occur when our teen wants to talk or share something important to them or engage us in a activity which may or may not be a an entirely convient time for us. For instance when we go into their bedroom at night to say a quick goodnight

and discover it is a time when they want to ask us a deep and meaningful question or share something that has importance significance to them. The value of these times in strengthening the heart connection between us and our teen tends to far weigh out our own wishing to be getting on with something else or even going to bed ourselves.

3. To ensure this an time the teen enjoys we need to make sure it does not become a time in which we criticize them, correct them, lecture them, give them unasked for advice, arguing with them, or tell them what to do or what not to do as this unfortunately this may become the last time, at least for the present, that our teen wants to spend time with us.

We need to keep upper most in our mind it is our teen's loving heart connection with us that enables and motivates them to actually want to hear our wisdom and guidance and be willing and motivated to behave according to our expectations, values and beliefs.

4. Try and have at least one hour one on one quality time with your teen each week. This time can be made up of one occasion of one hour or more, or a number of shorter times adding up to approximately an hour.

For your teen's heart connection with you to be strengthened it is important that these times are not skipped.



Although it may sometimes not seem so – parents are still the most people in a teen's life

SKIP Tips is here!

Parenting under-fives has just got a whole lot easier.



S.k.I.P

The SKIP Tips app is your handy free guide to the tricky bits of parenting.

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](https://www.facebook.com/SKIPcommunity)

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 iTunes 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 / 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

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 |
aucklandnorth@theparentingplace.com**



NZ242.00



**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

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



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

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

to find out more visit
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) Programme은 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 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

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

**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

Thanks for Your Support



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”

