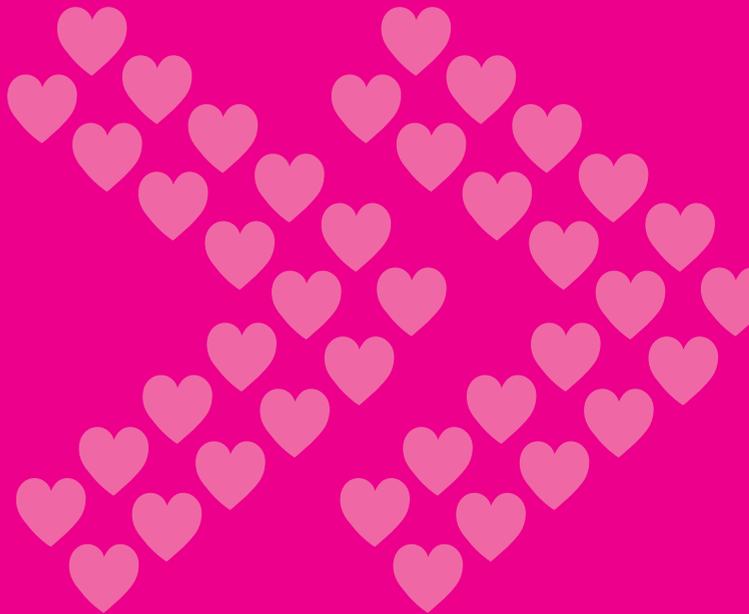


pregnant?      young parent?

# futures

helping young mums and dads  
make positive choices

services for young mums in Christchurch



St John of God  
Waipuna

This resource was produced by St John of God Waipuna  
and Christchurch City Council.

(With thanks to Simon Garner designer, Rebeccah Hindin-Miller  
and lots of young mums and dads.)

For questions and suggestions please contact:

Teen Parent Service Co-ordinator for Christchurch

386 2159 ext 710

027 200 4657

[waipuna@sjog.org.nz](mailto:waipuna@sjog.org.nz)

web-based directory available at [www.sjog.org.nz](http://www.sjog.org.nz)  
and [www.thepulse.org.nz](http://www.thepulse.org.nz)

October 2009

*supported by*

**Christchurch**  
City Council 

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# introduction:

## who is this directory for?

This booklet has been created for young mums and dads in Christchurch, with a significant amount of input from other young parents and parents-to-be. The photos are all of young mums, dads and their children from the Christchurch area, and all the tips were written by Christchurch's young parents for other young people in similar situations. Whanau, friends and supporters of young mums and dads, this directory will be useful to you too!

We have made this directory as a result of conversations with young mums and dads who wished that they had more information about parenting before they got pregnant and while they were pregnant. The information has been broken up into categories, to make it easier to access the bits that will be useful to you.

We have a commitment to young mums and dads, because both parents can contribute so much to the lives of children. This is why the directory is broken into mum-specific information, dad-specific and neutral areas which are relevant to everyone.

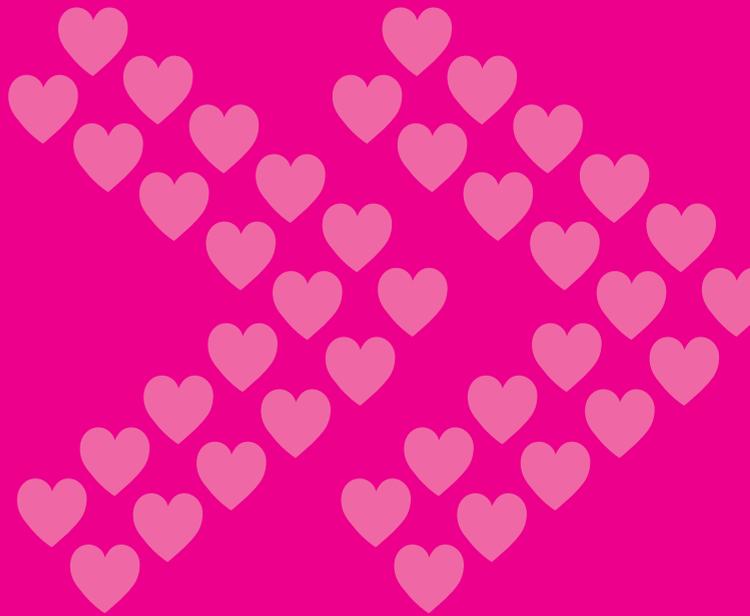
Young mums and dads, teachers, parents of teen parents, midwives, social workers, health professionals, community workers and more have all contributed to the information which is in this directory. It covers areas from health to budgeting, legal advice to schools for young parents, contraception to where to give birth. We understand that we have not covered everything that you might want to know, but hope that you can find something useful in here.

If you are a young mum or dad, or parent-to-be, congratulations! All the best as you start out on the most important job in the world, raising a beautiful, happy, healthy little person.

**Joanne Hope,**  
Teen Parent Co-ordinator of Christchurch,  
Waipuna Trust



so you think you might  
be pregnant



# Women's Health Information Centre

**Address:** 2nd Floor, 115 Cashel Mall,  
Entrance next to Whitcoulls

**Phone:** 379 6970 or 0800 379 970 or text  
027 379 6971

**Email:** whic@womenshealthinfo.co.nz

**Website:** www.womenshealthinfo.co.nz

## What service do you provide?

Our services are free and include: condoms, pregnancy testing service, health information (both alternative and conventional), referrals, website [www.womenshealthinfo.co.nz](http://www.womenshealthinfo.co.nz) and health talks.

## Who is the service for?

All women and men if they wish to use the service.

## Any other information?

A women does not have to come into the service to access what she needs i.e. pregnancy tests and condoms can be posted out free of charge.

## Which of the following young people do you work with?

Are happy to work with the following groups however we tend to work mostly with women

Not pregnant, Pregnant, Parents, Fathers & Male partners

# Family Life Pregnancy Centre

**Address:** 88 Idris Rd

**Phone:** 351 3227

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

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

## What service do you provide?

Pregnancy testing, consultation about choices/options, practical help with baby clothing/gear etc. Help assist parents towards becoming independent i.e. accessing housing, etc.

## Who is the service for?

Any women from teen to pre menopausal.

## Which of the following young people do you work with?

We work with whoever is supporting the woman, partner, family etc. However, we are there first and foremost for the woman!

We mainly support them from conception through to delivery, but have practically helped some of them and their children through to 1-2 years.

We don't normally work with fathers and male partners but are willing to give them information.

## Family Planning

**Address:** 9 Washington Way

**Phone:** 379 0514, fax 03 365 5757

### What service do you provide?

Free sexual and reproductive health. Contraception, cervical smear tests, screening for sexually transmissible infections and more.

### Who is the service for?

Everyone!

### Which of the following young people do you work with?

We work with all young people but we do not provide antenatal care.

## Pregnancy Counselling Service

**Address:** PO Box 4278, Christchurch

**Phone:** 338 3057

**Website:** [www.pes-canty.co.nz](http://www.pes-canty.co.nz)

### What service do you provide?

Emotional and practical support; arrangements for free pregnancy testing; counselling that allows anonymity; face-to-face, individual or family counselling; assistance in accessing solutions to accommodation, education, legal advice, medical care, baby and maternity gear; help in evaluating keeping the baby, adoption and abortion.

### Who is the service for?

All pregnant women.

### Any other information?

Assistance with adoption, and post abortion counselling is also offered.

### Which of the following young people do you work with?

We will answer any questions related to pregnancy, but we primarily work with women.

“Walk heaps when you’re pregnant for an easier birth”

# So you're having a baby... what can a midwife do for you?

In New Zealand when someone is pregnant they are usually looked after by a midwife. A midwife is a person who gives you care, support and advice during your pregnancy, birth and afterwards (postnatally) for up to 6 weeks. Your midwife can do all the health checks on you and your baby, as well as talk to you about your options for where to give birth, let you know what labour might be like and refer you to a specialised pregnancy doctor (obstetrician) if the need arises. All care by midwives is free.

## So where do I find one?

It can be hard trying to find a midwife, particularly if you are just given a long list by your doctor, or you look in the yellow pages and see lots of names. It is really important to find a midwife that suits you, no matter how far along you are in your pregnancy. If you do not like the midwife you have, you are welcome to change – remember, even though you don't have to pay the midwife, you are still hiring them to provide a service and meet your needs.

Ask your friends who have had babies, or know someone who has, who they can recommend. You can ring anyone on the list from your doctor or the yellow pages and ask them some questions, even meet them and you can still decide that they are not the midwife for you. Midwives meet people all the time, so don't feel shy or embarrassed about this process.

The Midwifery Resource Centre is another option available to you. This is run by volunteer midwives who are there to answer questions, do free pregnancy tests and give out information on finding a midwife that is suitable for you. There is also a free library or pregnancy and birth books and videos which you are welcome to use. You can ring and leave a message anytime, or call Monday to Friday between 12-2pm to talk to a midwife. The Midwifery Resource Centre is at 376 Manchester St, phone: 03 365 2789.

## Useful things to know:

It's good to ask your midwife how many women they look after. The College of Midwives recommends 5-6 women a month, maximum. Ask your midwife if they are able to visit you at home, or if they need you to see them at a clinic. You can choose a midwife based on this, if transport is an issue for you. Midwives need to be available to you 24/7 for emergencies. If your midwife is not available, you need to know who your back up midwife is, and have their contact details on hand.

There are a whole range of things your midwife can do for you. Questions such as what will your midwife do if there are complications during birth, will they stay with you, what you want to do with the whenua/placenta are all worth discussing ahead of time. For this and a whole range of other information, have a look at [www.midwife.org](http://www.midwife.org)

# The Adoption Option Trust

**Address:** PO Box 95 Christchurch  
**Email:** info@adoptionoption.org.nz  
**Website:** www.adoptionoption.org.nz

## What service do you provide?

We have produced a DVD which explains how adoption works in New Zealand today. It has real life stories from people who have experience of adoption.

## Who is the service for?

Women in a crisis pregnancy situation

would find the DVD helpful in explaining how adoption works.

## Any other information?

Other information can be found on our website

## Which of the following young people do you work with?

There is information for mothers and fathers on our DVD and website. The DVD may be used in school sex education sessions.

# Lyndhurst Day Hospital

**Address:** 440 Montreal Street, Christchurch  
**Phone:** 379 0213

## What service do you provide?

Lyndhurst Day hospital is the licensed provider of first trimester termination of pregnancy.

We provide a pre and post operative counselling service, without prejudice to assist girls/women in making the decision that is best for them, a decision they are comfortable with.

## Who is the service for?

Girls/women from Canterbury, Southland and the West Coast of the South Island.

## Any other information?

Our service is free for everybody that is eligible for NZ health care.

Appointments for pre-decision counselling can be made by directly phoning 379 0213.

Appointments to see one of the operating doctors requires a referral from a General Practitioner, the Family Planning Clinic or 198 Youth Health Centre.

## Which of the following young people do you work with?

We work with the woman and the support person/s that she chooses, which may be the partner of the pregnancy; the parent/parents of the young woman, or somebody that she trusts.

We work with any woman that is requesting termination of pregnancy.

# Pregnancy Help Inc Canterbury

**Address:** 98 Marshland Road, Shirley, Christchurch, 8061

**Phone:** 385 0556

**Email:** [canterbury@pregnancyhelp.org.nz](mailto:canterbury@pregnancyhelp.org.nz)

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

## What service do you provide?

We provide help in a crisis situation until other assistance can be organised. We provide a Drop in Centre for mothers who need a place where they can come to feed and change their babies, talk through their issues, obtain information or just have a rest and refreshment. This is a unique service to Christchurch where we offer a telephone help line; pregnancy testing; advocacy; field work support; childcare; friendship and support; maternity and baby clothing; equipment to care for baby; nappies in emergencies; information and a referral service. All our services are free.

## Who is the service for?

Pregnant and recently pregnant women, caregivers and their families.

## Any other information?

Appointments are not necessary and visits are confidential. Off street parking is available.

Although our agency employs some staff, the bulk of our services are provided by trained volunteers. All our services are based on the following principles:

non-judgemental, non-directional, non-denominational

In practical terms this means that our clients will be treated in a respectful and supportive way, will be provided with a range of information to enable them to make the best decision based on their own particular circumstances and then (if they request it) supported through that decision.

Please note that we do not provide a counselling service, however, we have contact details for a wide range of free and user pays counselling services available in Christchurch.



“Don't have visitors right after you've given birth, you will probably need a bit of recovery time!”

## Union and Community Health Centres

**Address:** 413 Cashel St and  
201 Linwood Ave

**Phone:** 381 3522 and 381 8048

### What service do you provide?

Free health care to anyone under 18 years, \$10 if you are over 18 yrs old.

### Who is the service for?

Low income families or individuals.

### Any other information?

Free counsellor, free assistance from community health workers.

### Which of the following young people do you work with?

We work with everyone, although midwives usually work with pregnant women from the second trimester onwards.

## Adoptions Service, Child, Youth and Family

**Address:** Level 2 Torrens House,  
195 Hereford Street, Christchurch

**Phone:** 961 6120

**Email:** [webadoption@cyf.govt.nz](mailto:webadoption@cyf.govt.nz)

**Website:** [www.cyf.govt.nz](http://www.cyf.govt.nz)

### What service do you provide?

We provide advice and services on adoption both within New Zealand and from other countries. This includes counselling birthparents, preparing those wanting to become adoptive parents, approving the placement of children for adoption and reporting to the court.

We also provide some services after adoption is complete, as well as services

to adult adopted people, birth parents and adoptive parents under the Adult Information Act.

### Who is the service for?

Birthparents and birth family, those people wanting to adopt, adoptive parents, adoptive siblings, young people, adults who have been adopted. Any other person who wants advice regarding adoption.

### Which of the following young people do you work with?

Mums and dads, pregnant girls and young people who have been adopted or affected by adoption.

“Enjoy pregnancy! It’s a great opportunity to really take care of your body. Celebrate! You’re growing a baby. Your health is now paramount”

# Youth and Cultural Development Soc Inc

**Address:** 212 Cashel Street through to 23 Bedford Row Christchurch

**Phone:** 366 0866

**Email:** [ycd@ycd.co.nz](mailto:ycd@ycd.co.nz)

**Website:** [www.ycd.co.nz](http://www.ycd.co.nz)

## What service do you provide?

YCD provides Youth Justice services to Young People who are at risk of, or who are offending. An additional service is the Street Youth Work project which works with under-age sex workers. YCD offers two life skills courses, support to complete Youth Justice orders/plans, support at Family Group Conferences and court, advocacy and development skills. We host a sexual health clinic for young people age up to 18 years.

## Who is the service for?

Young people from 14 to 20 years, 25 if deemed vulnerable.

## Any other information?

We work with young people who are struggling with choices and getting involved in negative behaviours, sometimes as a reaction to adult role modelling. Most are young offenders. Underage sex workers are offered support and are encouraged to develop safe practice while finding alternative options.

## Which of the following young people do you work with?

We will work with young people that are referred to YCD and those who request assistance regardless of their age or stage of parenting.

# 198 Youth Health Centre

**Address:** 198 Hereford Street

**Phone:** 379 4800

**Email:** [ythhlth@ihug.co.nz](mailto:ythhlth@ihug.co.nz)

## What service do you provide?

FREE doctors and nurses (primary health care) and mental health services to young people aged between 10 and 25 years. A Youth Worker is also available to assist and advocate for clients.

## Who is the service for?

10 to 25 year old people of Christchurch

## Any other information?

A young parents group operates from the Centre currently from 11am until noon on Thursdays.

## Which of the following young people do you work with?

Anyone aged between 10 and 25 years.

## YouthTalk Ante-Natal classes

Antenatal classes are a series of 6 sessions which give you the chance to meet other people who are about to have a baby. It's a good chance to ask lots of questions and talk to other young mums and dads about preparing for baby.

To find out where and when the next YouthTalk antenatal class is being run

ring St John of God Waipuna on 386 2159. You can also ask your midwife.

Childbirth education is also run at the birthing units in Christchurch (see hospital entries) and at Neighbourhood Trust – St Albans Baptist Church. Ring Ginny on 355 6522 or text 021 155 3707 or 027 746 5168 to register.

## Rookies

Parenting for new mums and dads aged between 15 and 20.

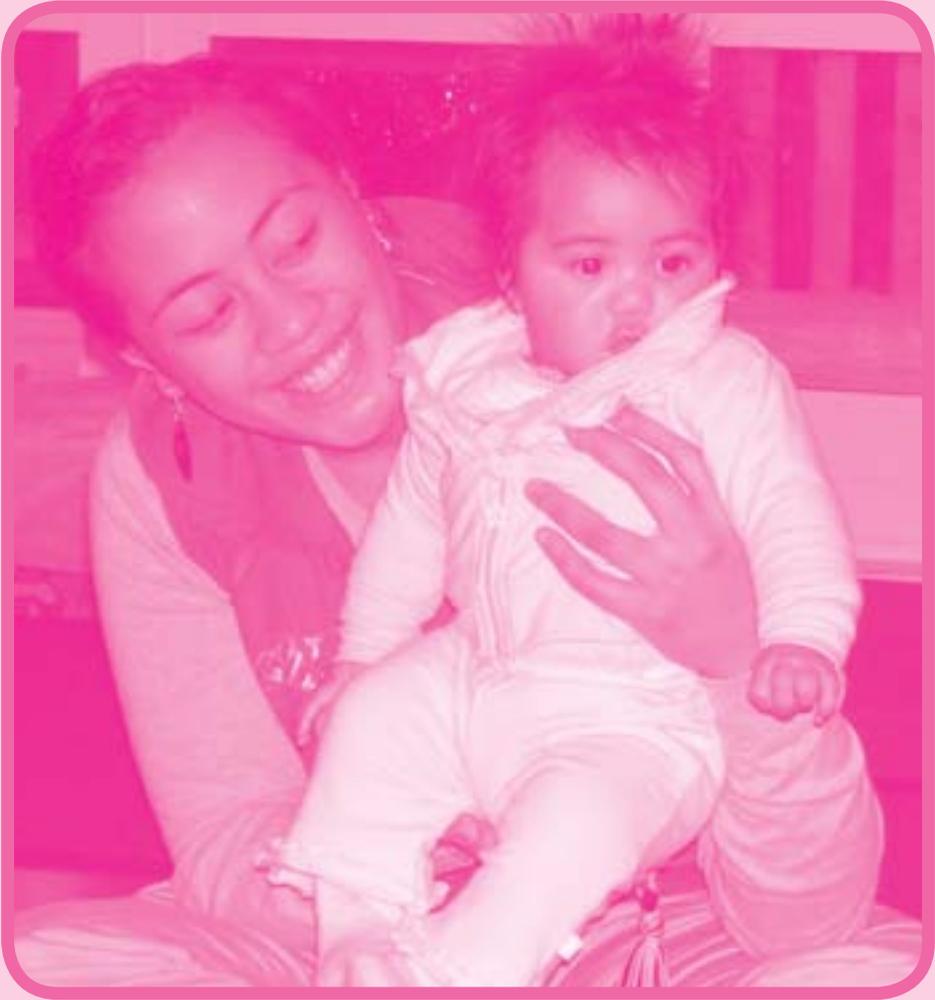
This offers you a chance to:

- Meet other young parents
- Share knowledge

- Celebrate your children
- Have some food and fun

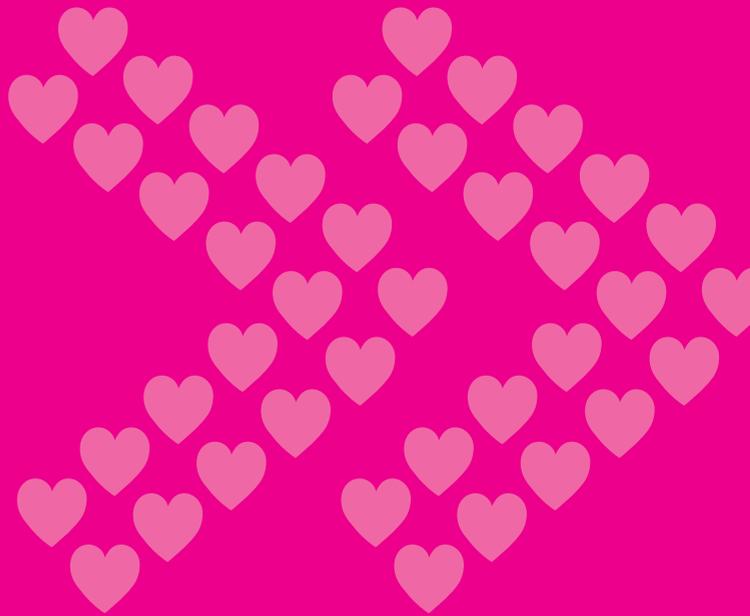
Build your confidence in caring for your new baby. Ring Nick on 386 2159 to find out where and when the next group starts.

“Eat healthily – it helps. Junk food can make you sick and body image can become a big concern after birth”



"Go to Pregnancy Help on Marshlands Rd.  
They know heaps and have lots of free stuff"

# being pregnant



# Christchurch Parents Centre

**Address:** PO Box 21118 Edgware,  
Shirley Community Centre corner  
Shirley Road & Slater Street

**Phone:** 385 4640

**Email:** [chch.parentscentre@xtra.co.nz](mailto:chch.parentscentre@xtra.co.nz)

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

## What service do you provide?

Antenatal & parent Education.  
Music & Movement for Children.

## Who is the service for?

Parents pre-birth and parents of  
children 0-4 years.

## Any other information?

Our mission statement is: "Positive birth experiences and informed parenting in a community where parents are supported and highly valued in their role".

## Which of the following young people do you work with?

Pregnant women and their families and  
parents of children 0-4 years old

# Holly House

**Address:** PO Box 13 171, Christchurch

**Phone:** 385 6583  
mobile: 027 457 9869

**Email:** [holly\\_house@psusi.org.nz](mailto:holly_house@psusi.org.nz)

## What service do you provide?

Residential home for young mums and  
babies (aged 15-25) providing a New  
Parent Education Programme.

## Who is the service for?

Principally for 'At Risk' young mothers  
and babies.

## Any other information?

Parenting and Life Skills Assessments  
are provided for Child Youth and  
Family Services.

## Which of the following young people do you work with?

We work with young mothers in their  
last trimester of pregnancy and up until  
baby is one year old. We work with  
fathers and male partners who are  
in an ongoing relationship with their  
partner and child. Also when we are  
running specific education which looks  
at whole families/whanau.

*"Pregnancy for Dummies is a wicked book! It's better than other resources cos it tells you heaps of really useful stuff"*

# Mother and Pepi

**Address:** 349 Woodham Road,  
Eastgate, Christchurch

**Phone:** 381 8006

**Email:** junes@wtct.org.nz

## What service do you provide?

Support Services for Mother and Pepi.

## Who is the service for?

Mothers from pregnancy until baby is two years old.

## Any other information?

Mother and Pepi is contracted to Nga Maata Waka through our local District Health Board and is a service designed to target Maori and all other ethnicities

that require maternity support services during a specific period of time. Mother and Pepi support services include, but are not limited to, clinical health services (available Midwife) and social services/referral services that progress the health and well-being of our expectant mums and their babies.

## Which of the following young people do you work with?

All age groups from young mothers to grandparents who are looking after their 0-2yr old grandchildren. We work with mothers from conception until baby is two years old and fathers/caregivers until baby is two years old.

# Rachel's House

**Address:** c/o 82 Bradys Rd,  
North Loburn

**Phone:** 027 207 0107 or 0800 746 873

**Email:**  
rachelshouserangiora@hotmail.com

## What service do you provide?

Practical help with getting items together for babies, mums and homes. Accommodation. Counselling and support to talk with family. Information about education and career options. Court support. Drug and alcohol intervention. Parenting education. Life skill education. Assistance with government and community agencies.

Support for dads. Midwifery, social work, mentors, peer support.

## Who is the service for?

Teen mums and dads.

## Any other information?

Our geographic area covers all of New Zealand, however if referrals come from Christchurch we refer back to agencies based there first.

## Which of the following young people do you work with?

We work with all teen mums and dads.

# Are you pregnant or breastfeeding?

*Everyone is welcome at La Leche League—pregnant women and mums, their babies and toddlers, whanau, and support people.*

At La Leche League, you'll find out about the basics of breastfeeding and much, much more:

- How your milk offers lifetime benefits to your baby
- How to prepare for breastfeeding before the baby comes
- How to position your baby at the breast so you can avoid sore nipples
- How to be sure your baby is getting enough to eat
- How to combine breastfeeding and working
- How to find time for yourself while meeting your baby's needs
- How to find the support you need so you can enjoy breastfeeding and parenting
- How to give your baby the best start in life

## meetings held throughout Christchurch

meet other breastfeeding mothers to talk about everything from starting breastfeeding to weaning and more. Call it a class... call it a coffee morning... it's a little bit of both!

**Christchurch South** - 7.30pm on the 3rd Monday of the month at the Plunket Rooms, 59 Centaurus Road, Hurlingham. Contact Isobel 942 2937.

**Christchurch East** - 10am on the 4th Wednesday of the month at Philipstown Community Centre, 39A Nursery Road. Contact Julie 337 5402.

**Christchurch West** - 10am on the 2nd Monday of the month at Avico Hill Art & Craft Centre, 395 Memorial Ave, Burnside. Contact Linda 960 7977.

**Christchurch North** - 10am on the 3rd Wednesday of the month at Papanui Plunket Rooms, 24 Bellevue Avenue, Papanui. Contact Alex 354 0268.

**Rangiora** - 10am on the 2nd Tuesday of the month at Rangiora Plunket Rooms, Albert St, Rangiora. Contact Sharmela 312 9216.

Please note: Meetings are held on the date stated, except during public or school holidays.

[www.lalecheleague.org.nz](http://www.lalecheleague.org.nz)

Canterbury Breastfeeding Help Line 338 8447



# St John of God Waipuna

**Address:** 349 Woodham Road, Avonside

**Phone:** 386 2159

**Email:** waipuna@sjog.org.nz

**Website:** www.sjog.org.nz

Waipuna conveniently has a range of other services at the same site; a Pacific Teen Parents Service, Maori and Pacific Counselling, a Youth Drug and Alcohol Counsellor and an Adventure Therapy team.

## What service do you provide?

A safe, home based, friendly, welcoming support service for parents under 25, parents-to-be and young families. Waipuna has social workers and runs groups for young parents. This gives youth an opportunity to learn while meeting new friends, doing courses such as Parenting Skills, Life Skills, Cooking and Crafts. One of the best things about this service is the opportunity to meet other young parents and families.

## Who is the service for?

Any young parents or parents-to-be who want to get out and connect with other young parents.

## Any other information?

Childcare and transport is provided.

## Which of the following young people do you work with?

Young pregnant or parenting mums and dads.

“Pregnancy can be really fun and exciting! It can create all sorts of opportunities that you wouldn’t have had otherwise”

“Choose a good midwife! If you don’t like your midwife, change them. You can do that and it’s totally ok. This applies to Plunket nurses, WINZ workers and case workers too”

# Young Parents Breastfeeding Group – Whangai U “Matua Puhou”

**Address:** Early Start, Level 1,  
134 Manchester St

**Phone:** Susan on 981 6028

**Email:** howiesue@paradise.net.nz

- Second and fourth Tuesday of each month from 10am-11:30am, Early Start, 134 Manchester Street.

## Who is the service for?

Parents up to 24 years.

## Any other information?

Flyers available from the Early Start website <http://www.earlystart.co.nz/pdf/breastfeeding.pdf>

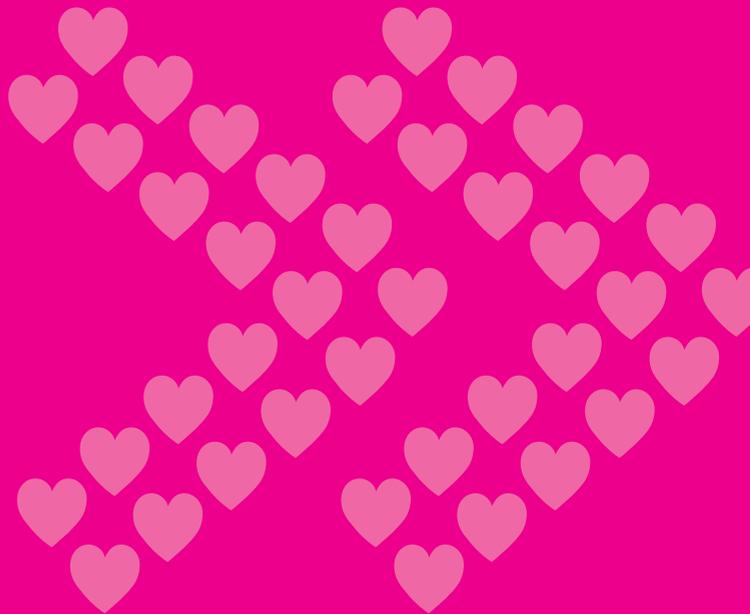
## What service do you provide?

- antenatal breastfeeding education – visual learning from successfully breastfeeding teen Mums.
- postnatal support, and information.
- First and third Tuesday of each month at the Early Years Shirley Hub, 69B Briggs Rd.



“Eat properly while you are breastfeeding. This affects your body, your energy levels and your baby”

# labour and birth



# Burwood Birthing Services

**Address:** Burwood Hospital, Private Bag 4708, Christchurch

**Phone:** 383 6844

**Email:** linda.jacobs@cdhb.govt.nz

Women's Hospital, Childbirth Education classes, Swimming in Pregnancy.

## Who is the service for?

Pregnant women of Christchurch.

## What service do you provide?

Free pregnancy tests. Pregnancy advice. A primary unit facility for normal births and water births, a postnatal facility following birth at Christchurch

## Which of the following young people do you work with?

Any woman who is pregnant.

# Christchurch Women's Hospital

**Address:** 2 Riccarton Avenue, Private Bag 4711, Christchurch, 8140

**Phone:** 364 4699

Women may be admitted to the ward antenatally if they require close monitoring, for example high blood pressure. Women are also transferred to the maternity ward following birth if they don't transfer to the primary units or home. The ward also provides input as required by our lactation consultants for breastfeeding issues, physiotherapy, dieticians, social workers and Maori health workers.

## What service do you provide?

Christchurch Women's Hospital is a new building which opened in 2005 with a birth rate of approx. 6000 per year.

The New Christchurch Women's Hospital includes:

### 33 Gynaecological beds

Providing surgery and care for women with varying gynaecological conditions.

### 37 Neonatal beds

Providing intensive care for premature babies and sick babies requiring care following birth. The hospital also takes babies from other areas of the South Island as required to give care if their needs are complex.

### 45 Maternity beds (antenatal and postnatal)

This ward provides midwifery care for women both before and after birth.

### 15 Birthing beds

We have 15 rooms for birthing at our hospital. Two of these have birthing pool for women wanting to labour and birth in water. Care during labour and birth is provided by your midwife or a midwife employed by the hospital. After birth and if mum and baby are well they have the choice to transfer home where care continues with the midwife visiting at home, or transferring to one of the primary units.

## Christchurch Women's Hospital continued...

### 5 Assessment beds in Birthing Suite

We have 5 assessment beds on birthing suite for women who have come in with the advice of their midwife for a check up. This may be for a variety of reasons, for example, raised blood pressure, bleeding or if the baby is not moving as much as usual. Input from the medical team may be needed and a plan of care to follow up made or admission to the maternity ward may be required. Women requiring induction of labour (if they are overdue) are also seen here.

### 3 Recovery beds in Birthing Suite and 2 Theatres in Birthing Suite

We have three beds in recovery for women following a caesarean section. Caesarean sections are carried out in our theatres within birthing suite and then mums and babies are transferred to this area for a short time for observation before transferring to the maternity ward.

### 2 Acute Observation beds in Birthing Suite

We use this area for sick women who require close observation following the birth of their baby.

### 5 Theatres in Day Surgery

These are used for women requiring surgery for gynaecological issues.

### Clinics

Clinics provide an important service within the hospital. You may be referred to an antenatal clinic for input by the medical team if there are concerns for you or your baby. Women with complex medical conditions may be seen in the clinic by the medical team in partnership with the midwife throughout her pregnancy.

We also provide Antenatal classes and breast feeding classes for teenage parents.

Youth talk antenatal is held at St John of God Waipuna in Avonside. There are six sessions in a course run by Midwives with visiting health workers covering relevant areas of interest. These are aimed at preparation for labour, birth and the transition to parenthood and skills for caring for a new baby. Fathers/ other whanau/ support people are encouraged to attend classes. These classes are free and food and drinks are provided.

Bookings can be made by phoning Waipuna on 386 2159.

Your midwife will provide all of your care antenatally and will refer as required to for example the medical team if there are any concerns with you or your baby as your pregnancy goes on.

Post natal education is not provided by the hospital but there are community support groups to provide advice on for example breastfeeding and development of your baby your midwife or child health provider will be able to let you know where these are.

### Allied Health

Christchurch Women's Hospital has a range of allied health services including social workers/counsellors, physiotherapists, dieticians, occupational therapist, Maori Health Worker. Your midwife/GP/ Obstetrician/ other health professional can refer you to these services. The aim of allied health is to work with you/your family/whanau, and the other health professionals involved to ensure the best outcomes for you and your baby.

# Lincoln Maternity Hospital

**Address:** James Street, Lincoln

**Phone:** 325 2802

**Email:** aatkins@cdhb.govt.nz

## What service do you provide?

Lincoln is a facility providing labour and postnatal care. We also offer Pregnancy and Parenting Classes for prospective parents. These classes are two hours and run for six weeks. Selwyn Breastfeeding Support Group also run classes on the First Wednesday of each month at 10am in our education room. The group provides support and

information for breast feeding mothers or those intending to breast feed.

## Who is the service for?

All women of Canterbury

## Which of the following young people do you work with?

Young mums, dads and children are welcome to come to our classes, the birthing unit is specific to those who are about to give birth or having postnatal care.

# Rangiora Maternity and General Convalescent Unit

**Address:** 161 Ashley St, Rangiora

**Phone:** 313 7299

**Email:** suzanne.salton@cdhb.govt.nz

**Website:** www.cdhb.govt.nz

## What service do you provide?

Pregnancy tests, pregnancy and parenting courses, Community Midwifery Service, 7 Bed Maternity and Hyperemesis Rehydration, 2 Birthing Rooms, 4 General Convalescent Beds.

## Who is the service for?

Pregnant women. Women who wish to birth here or transfer here from Christchurch Women's Hospital for postnatal care. Convalescent Care for post surgical patients or local GPs patients requiring care.

## Which of the following young people do you work with?

Pregnant women and women and their partners who wish to birth at Rangiora hospital. Convalescent Care – Male and Female.

# St George's Hospital

**Address:** 249 Papanui Road, Merivale, Christchurch

**Phone:** 355 9102

**Email:**  
maternity.reception@stgeorges.org.nz

**Website:** www.stgeorges.org.nz

## What service do you provide?

Ante Natal Breastfeeding classes for pregnant women. This is a one off two hour session for pregnant women best suited to those around 6-9 months pregnant. We also provide a free maternity service for delivery and a postpartum stay. We have experienced midwives and a lactation consultant is available to ensure you go home confident in caring for your new baby.

## Who is the service for?

Available to all eligible women free of charge. Those without NZ citizenship/residency are welcome but do have to pay for the service.

## Which of the following young people do you work with?

St George's Maternity support all women during their labour and in the postpartum period as they gain confidence with their baby. We also have a domiciliary midwife who visits the mother and baby [who have been unable to find a midwife] in their homes until they are six weeks postpartum.

# Women's and Children's Health

**Address:** 2 Riccarton Ave Christchurch

**Phone:** 364 4309

**Website:** Canterbury District Health Board www.cdhb.govt.nz

## What service do you provide?

Maternity, Gynaecology Neonatal and Child Health services.

## Who is the service for?

Women and children of Canterbury

## Which of the following young people do you work with?

Men and women, while pregnant and after birth. We also have post partum services, Gynaecology, Child Health and Neonatal.



“Contractions are different for everyone. So are pain levels. Say what you’re feeling and what you need”

once baby arrives



# 198 Youth Health Centre's Young Parents Group

**Address:** 198 Hereford Street, Christchurch

**Phone:** 379 4800

**Email:** [diverse.youthworker@ihug.co.nz](mailto:diverse.youthworker@ihug.co.nz)

## What service do you provide?

FREE clinic which does pregnancy testing, pregnancy counselling, referral to midwives, and referral to other services eg Early Start. (As well as all the usual clinical services)

The Young Parents Group is a laid back "coffee group" for pregnant young women and young mums and dads. It's informal and there is a facilitator. People share experiences while the children play. Sometimes we have guest speakers. Sometimes we do activities. We have a safe secure room for the group to use.

## Who is the service for?

Anyone up to the age of 26 who is pregnant or a young parent. Dads are welcome.

## Any other information?

The clinical services are available Mon, Wed, Thurs, Fri 12-6pm and Tues 1-6pm. The young parents group is on Thursday 11am-12pm. Come to the back door for the parents group.

## Which of the following young people do you work with?

Anyone aged 10-25 inclusive.

Note: We cannot see babies as clients in our medical centre (we only see 10-25 year olds).

# Birthright CHCH Inc

**Address:** 141 Hereford Street, Christchurch

**Phone:** 366 9456

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

## What service do you provide?

Support for one parent families.

Home visits, activities to break the isolation barriers, an opportunity to meet with other solo parents.

We make referrals to other agencies when necessary.

## Who is the service for?

Anyone who is parenting alone.

## Which of the following young people do you work with?

We work with any mums or dads who are parenting alone.

# Barnardos Child and Family Services – Canterbury

**Address:** 906 Colombo Street, PO Box 13  
440, Christchurch

**Phone:** 365 3923

**Email:** donna.nelson@barnardos.org.nz

**Website:** www.barnardos.org.nz

## What service do you provide?

**Children’s Contact Service** – enables children to have contact with their non day to day caregiver in a controlled and safe environment. To make a referral or for more information please ring Caroline Ferguson– Children’s Contact Coordinator on 353 2593.

**Footsteps To Feeling Safe** – a special programme to help children and young people aged 5 years upwards work through the effects of being a witness or survivor of domestic violence. To make a referral or for more information please ring the Domestic Violence Co-ordinator for Christchurch and North Canterbury referrals on 353 2593. Please ring Karen Kelly for Ashburton/Selwyn District referrals on 308 7880.

## Parenting through Separation

(A free information programme for parents) – offered to help parents about separation and to help parents help their children through their experience of separation. Please contact Donna on 365 3923.

## Roll With It (Parenting)

Dynamics of Anger, Pump It Up (Building your child’s self esteem) Parent Forum

– education programmes that run at various times throughout the year. These group programmes are interactive, delivered in a workshop style and are based in various community locations around Christchurch. Please contact Donna on 365 3923.

## Who is the service for?

Anyone who wants assistance with any of these areas. The Children’s Contact Service can also be accessed by way of an order under of the Care of Children’s Act 2005. Here the court pays the costs of up to 14 contact visits. Footsteps to Feeling Safe can be accessed for clients through the Family Court under the Domestic Violence Act 1999 if there is a protection order in place. Barnardos also has some funding available to ensure this programme is accessible to all children who have witnessed family violence but do not have a protection order in place.

## Any other information?

Family Support Team – a free, confidential, home based support service for families facing difficulty and wanting to make changes in their lives. This service operates right throughout the Canterbury region – from Ashburton and Christchurch through to Hanmer and is free to all families.

“Time out can be helpful. Get trusted baby-sitters and treat yourself occasionally”

## Early Start

**Address:** PO Box 22146, 132 Manchester Street

**Phone:** 365 9087

**Email:** hildegardgrant@earlystart.co.nz

### What service do you provide?

A voluntary, free, long-term, intensive, early intervention home visiting service which addresses a variety of needs. The service provided is available to parents for up to 5 years until the enrolled child starts school.

### Who is the service for?

Christchurch families who face challenging life situations and who are parenting children aged 0-5. They need to meet at least two of the 12 Early Start referral criteria which are listed in the Agency Brochure and in the referral forms. Referrals must be accompanied by a signed and dated client consent form.

"Before Baby And Beyond Young Parents" (Early Start BABY) is specific to young parents under 24 and entry into BABY is early during the ante-natal period.

### Any other information?

Early Start aims to:

- To encourage and support enrolled families to provide their children with a positive and enjoyable childhood experience.
- To equip parents to positively deal with their personal life challenges.
- To teach positive parenting skills and to mentor parents to positively manage day to day parenting challenges as they occur.

### Which of the following young people do you work with?

All young people with babies!

## Footprints Community Trust

**Address:** Parkview Lounge, 75 Queen's Park Dr, Parklands, Chch.

In the Parklands community centre, opposite the playground.

**Phone:** Sharron: 387 0141 or 027 330 0154, Shayne: 027 353 6140

**Email:** footprints@clear.net.nz

### What service do you provide?

Wednesdays, 10am-2pm. Time to talk with other young mums, space to just 'be', free lunch and more!

### Who is the service for?

Primarily for young mums (under 25) and their children.

### Any other information?

We have many ideas – but we want the mums that come to say what they want so that we can tailor Footprints to what they are looking for (as much as is possible). But we have lots of ideas and enthusiasm, and are looking for more.

### Which of the following young people do you work with?

Young (under 25) pregnant women, and young mums and their children.

# Manuka Cottage, Addington Community House

**Address:** 45 Dickens Street, Addington, Christchurch 8024

**Phone:** Main Cottage line – 338 1613  
Family Worker's direct line – 332 9100 or 027 416 2656

Partnership Health Worker – 338 1613 or 021 906 917

**Email:** manukacottage@paradise.net.nz

## What service do you provide?

1. A community house that is open Monday to Thursday from 9am till 2pm for tea/coffee and a chat and various group activities. Tuesday is women's only day.
2. A playgroup every Tuesday from 9.30am to 12.00noon.
3. A Family and Community Development Worker who provides individual support and advocacy, groups and courses for parents with children aged 0-5 years.

4. A Partnership Community Health Worker who provides support for people to access health care.

## Who is the service for?

On Monday, Wednesday and Thursday – everyone in the Addington community. On Tuesday – women only.

## Which of the following young people do you work with?

For any parent (mum or dad) or caregiver with a preschool aged child.

Parents with children aged 0-5 years living in the Addington, Sydenham and Spreydon areas.

Anyone in the Addington and Sydenham areas that is having difficulty accessing healthcare due to medical costs, lack of transport etc.

# NanzToy Hire

**Address:** Shop 5, 2 Leacroft Street, Bishopdale

**Phone:** 0800 898 699

**Email:** toys@nanztoyhire.co.nz

**Website:** www.nanztoyhire.co.nz

## What service do you provide?

Bouncy castle hire for parties and special occasions, toy hire for ages 0-7 years.

## Who is the service for?

Parents, grandparents, anybody wanting to hire toys for a party or any other occasion.

## Which of the following young people do you work with?

Anyone who wants to hire bouncy castles or other toys for children aged 0 to 7 years.

## Otautahi Social Services

**Address:** 250 Pages Road, PO Box 15-009, Aranui, Christchurch

**Phone:** 388 6672

**Email:** oss@xtra.co.nz

### What service do you provide?

Home based support for whanau, hapu, iwi in the community.

### Who is the service for?

Whanau, Hapu, Iwi.

### Which of the following young people do you work with?

All young mums, dads and their children

## Pegasus Toy Library

**Address:** Parklands Community Centre, Queenspark Drive

**Phone:** 383 8189

**Email:** pegasustoylibrary@hotmail.com

**Website:** www.pegasustoylibrary.co.nz

### What service do you provide?

We have a huge selection of toys for hire to members. Membership fees apply and range from \$15 to \$80 per year.

### Who is the service for?

Anyone with a young family or grandchildren.

### Which of the following young people do you work with?

Anyone who would like to borrow toys for children in their care.



“Hormone changes can affect you after birth”

## Plunket

**Address:** 211 Oxford Tce, PO Box 13403, Christchurch

**Phone:** 366 0765

**Email:** da15@plunket.org.nz

### What service do you provide?

Parenting support and education, Well Child Checks, Car Seat Rental Scheme, telephone support line, Family Centre, Postnatal Adjustment Programme (for help with depression and distress with your new baby). Services may be provided at home or in community based clinics.

### Who is the service for?

Families enrolled with Plunket. Children aged between 2 weeks and 5 years.

### Any other information?

Plunket is able to link you in with other young mothers in your area. Play groups and social opportunities may be set up for this purpose.

### Which of the following young people do you work with?

All parents of children aged 2 weeks to 5 years.

## Project Esther Single Mums' Support Service

**Address:** 235 Lyttelton St, Spreydon, Christchurch

**Phone:** 338 0158

**Email:** singlemums@extra.co.nz

### What service do you provide?

Support/coffee Groups, including a young mums group, Home visits, Newsletter, Pre loved clothing, links to other services, children's programmes etc.

### Who is the service for?

Single Mum's and their children.

### Any other information?

Please call Sue, Susan or Jo for more info.

### Which of the following young people do you work with?

All single mums and their children.

"Stay at home if you can, with your parents.  
It's important to have a warm house"

# Stepping Stone Trust

**Address:** Main office: PO Box 12219  
Christchurch

**Phone:** Main Office: 337 6644

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

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

## What service do you provide?

Stepping Stone is a mental illness recovery service. We offer residential, respite (crisis, carer support and planned) and a team of community support workers.

## Who is the service for?

We work with people across the age continuum, from 14 to 80 years of age. We have residential and respite services specifically for youth. Our community support workers have weekly contact with teen parents and we have professional staff who have made working with young parents, a focus of their work.

## Any other information?

Check out our website and give us a call if you have any questions.

# SWAP Single Women as Parents

**Address:** 70 Springfield Road, St Albans,  
Christchurch

**Phone:** 366 8540

**Email:** [swap@snap.net.nz](mailto:swap@snap.net.nz)

## What service do you provide?

A FREE community house for women who are single parents, needing a warm friendly safe environment.

Support includes: Advocacy, Budget Advice, Recycled Clothing, Counselling, Soup lunch and Courses.

## Who is the service for?

Women who are single parents.

## Any other information?

A membership donation of \$5 per year applies.

“Put baby to bed awake.  
This can help them learn  
to settle themselves”



# Te Puawaitanga Ki Otautahi Trust

**Address:** 153 Gilbethorpes Road,  
PO Box 1688 Hornby

**Phone:** 344 502

**Email:** suzi@omwwl.maori.nz

## What service do you provide?

Tamariki Ora Service – Providing information and support for parents and caregivers of Maori babies from 0-5 years of age. Offering health information, support and referral to health, social, education, justice and welfare agencies. Well Child Checks.

Outreach Immunisation Service – Maori and other priority groups children aged 0-6 years that are behind on the current immunization schedule. After receiving the referral Maori registered nurse and community worker can offer vaccination in the home.

Child Restraints – Car Seat Programme – Affordable scheme that helps whanau to be safe and access new, appropriate car-seats for tamariki. Offers a low cost “rent to buy” child restraint car seat.

Parents As First Teachers – PAFT is based on the philosophy that parents are their children’s first and most important teachers, and offers support and guidance in this role. We provide practical and effective support for children 0-3 years old around child growth and development. Also helps you gain confidence in your own parenting skills. Gives you the support and professional assistance you need for your child’s health and development.

Nutrition and Physical Activity – Diverse range of programmes for all ages to encourage wellness/Rapuora through physical activity classes and nutritional education. Mama and Pepe swimming; fun, accessible and attainable health and fitness programmes and classes; Tiny Tots Tumble Times.

## Who is the service for?

Well Child Nurses and Kaiwhakapuawai deliver Kaupapa Maori services for all whanau/families who want it.

# Te Puna Oraka – Early Years Services

**Address:** 69b Briggs Road, Shirley,  
Christchurch

**Phone:** 385 5691 or text: 027 6551 996

**Email:** felicitte.jardine@earlystart.co.nz

## What service do you provide?

1. Early intervention referral services for families in Shirley who have children aged 0-6.
2. Activities/courses that will assist parents to improve health and well being outcomes for their pre-school children.

## Who is the service for?

Families with children aged 0-6 years living in Shirley.

## Any other information?

Type of activities – parenting education/information; nutrition courses; music for pre-schoolers; Fale Pacifica Tamariki time; Whanau Ora time.

## Which of the following young people do you work with?

All young parents.

# The Salvation Army Hope Centre

**Address:** 32 Lichfield Street

**Phone:** 366 8128

**Email:** hopecentre.chch@xtra.co.nz

## What service do you provide?

Advocacy, budgeting, life skills courses, family support, job search, counselling, Mainly Music for preschoolers and parents/caregivers. At this point we do not do parenting courses.

## Who is the service for?

We attempt to meet the needs of people who walk in our door. If we are unable to we will network with other social services in the city to support the family.

## Which of the following young people do you work with?

We have men's and women's courses available and childcare where needed.

# Young 1's & Shuffle Bumz

**Address:** 13 Watts Rd, Sockburn

**Phone:** 027 367 5366 or 348 2130

**Email:** shufflebumz@xtra.co.nz

## What service do you provide?

A Music & Movement programme for young parents and their 0-5 yr olds, followed by lunch.

Tuesdays and Wednesdays 11am-1pm during the school terms.

## Who is the service for?

Under 25 year old parents and their 0-5 year old children.

## Any other information?

Transport available to those on the Westside of Christchurch.

Cost: Gold coin donation.

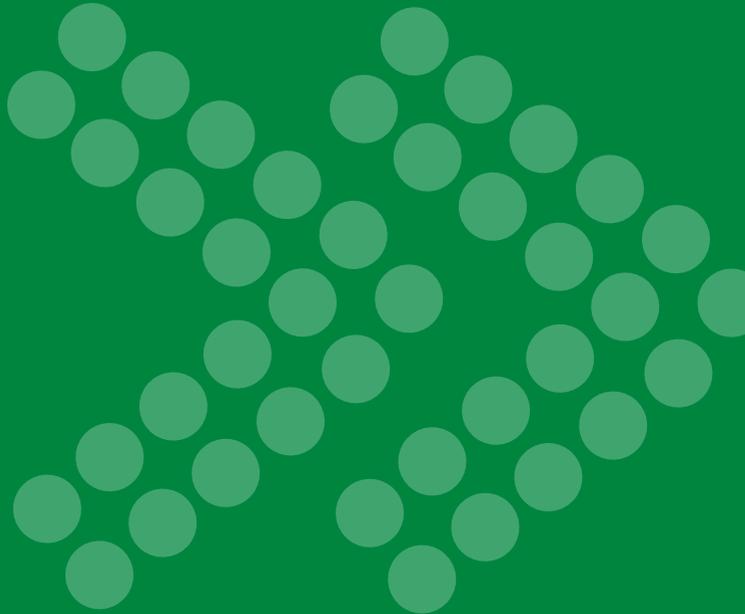
## Which of the following young people do you work with?

We work with parents of under 5 year olds. Younger babies are very welcome and equally benefit from the music and movement sessions which are tailored to suit the 0-5 age span. Mothers, fathers and their young children are welcome!

"Beware of the baby blues. You might cry randomly, snap at people and you won't know why. Sometimes it doesn't make sense"



# other information



# Ambrosia Empowerment Trust

**Address:** 309 Breezes Road, Aranui, Christchurch

**Phone:** 382 9291

**Email:** carol@ambrosiastrust.org.nz

## What service do you provide?

Emergency foodbank; Budgeting advice, Drop-in-Cafe.

## Who is the service for?

People in the Burwood Pegasus.

Community Board area, but specifically Aranui & Wainoni.

## Any other information?

Opening hours are Mon-Fri 10am-12pm (1pm Tues & Fri)

## Which of the following young people do you work with?

We care for all teen parents who are over 18.

# Aranui Community Trust

**Address:** 37 Hampshire St, PO Box 15036, Aranui, Christchurch

**Phone:** 963 7070

**Email:** cathy@actis.org.nz

## What service do you provide?

We have various services which work out of our Aranui Heartlands service. They are Housing New Zealand Corporation, Work and Income, Aranui Community Constable, Aranui Community Learning Centre, Aranui Neighbourhood Nursing, A-Z Budgeting Services, Career Services, Child Youth & Family, Citizens Advice Bureau, Community Law Canterbury, Family Planning Association, Foot Care specialist, He Waka Tapu, Inland Revenue, Maori Land Court Advisory

Services, Nurse Maude – wound & continence clinics, Pacific Trust Canterbury, Plunket, Solicitor Anya Gartner, Department of Building & Housing, Te Puawaitanga ki Otautahi Trust, Workbridge Inc, Christchurch Supergrans, School & Community Dental Service, Christchurch City Council, Christchurch Polytechnic, Addiction Advocacy Service and Unichem Chemist.

## Who is the service for?

The local community.

## Which of the following young people do you work with?

We work with anyone who comes in the door!

“Try to sort out all your financial entitlements before baby comes”

# Christchurch Budget Service Inc

**Address:** Community House,  
141 Hereford Street

**Phone:** 366 3422

**Email:** chbudget@ihug.co.nz

**Website:** www.budgetservices.co.nz

## What service do you provide?

We are a free voluntary organisation committed to a policy of confidentiality with our clients.

We provide money management programmes for people on a one to one basis as well as 'Education programmes' for businesses and community groups in the Christchurch Metro area, Leeston, Lincoln and Darfield areas.

## Who is the service for?

The service is available to families and individuals from any income level and any ethnic background.

## Any other information?

Christchurch Budget Service Inc. is a "Level two provider for Child Youth & Family Services." Affiliated to Te Roopu Awhi Whanau ki te Penapena Putea Incorporated.

## Which of the following young people do you work with?

We work with anyone who comes in the door.

# Citizen's Advice Bureau

**Address:** 141 Hereford Street,  
Christchurch

**Phone:** 366 6509 or 366 6490

**Email:**  
cab.christchurcharea.city@xtra.co.nz

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

## What service do you provide?

Free and confidential service providing information, guidance and support.  
Open: 7 days a week 9am-5pm.

Free legal advice on Monday, Tuesday, Thursday and Friday 1pm-2pm.

Teen to Teen Line: free and confidential information and support service to teens by teens on Tuesdays 3:30pm-5pm. Can text instead of ringing on 027 636 6221.

Asian Language Service: Free and confidential service providing information, guidance and support in Mandarin, Cantonese and Phillipino on Wednesdays 9:30am-5pm.

## Which of the following young people do you work with?

Anyone needing information, guidance or support.

"Trust referrals! People who know have probably made them for a reason"

# Community Law Canterbury

**Address:** 281 Madras Street, PO Box 2912 Christchurch

**Phone:** 366 6870 reception, 371 3819 Information Line

**Email:** [staff@canlaw.org.nz](mailto:staff@canlaw.org.nz)

## What service do you provide?

We provide free legal advice to people who are facing barriers in accessing justice.

## Who is the service for?

For any one with a legal issue, however there are areas of law we do not cover

so if we can not assist we will refer the client to a solicitor specializing in that area of law.

## Any other information?

Feel free to ring the office and we can provide some more information on the services we offer.

## Which of the following young people do you work with?

We can provide initial advice on family law for families and young parents to be, if we feel we can not advise their situation any further we can refer out.

# First Steps – Building Blocks

**Address:** 177 Linwood Ave, Christchurch

**Phone:** 389 3723, Fax 389 0427

## What service do you provide?

We operate a budgeting service, foodbank, clothing and furniture assistance, advocacy and more.

## Who is the service for?

Anyone who needs it.

## Any other information?

Contact Elizabeth Daly, Budget Advisor/Social Worker at Linwood Community & Family Services.

## Which of the following young people do you work with?

Anyone who gets in contact with us.

# Home and Family

**Address:** PO Box 287, Christchurch

**Phone:** 379 5645

**Email:** [info@homeandfamily.net.nz](mailto:info@homeandfamily.net.nz)

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

## What service do you provide?

Counselling; supported and emergency accommodation; parent education groups.

## Who is the service for?

Individuals, children and couples.

## Which of the following young people do you work with?

We are all inclusive. We work with anyone who wants to work with us.

# Holly House

**Address:** PO Box 13 171, Christchurch

**Phone:** 355 3361 or 356 1389,  
mobile: 027 457 9869

**Email:** holly\_house@psusi.org.nz

## What service do you provide?

Residential home for young mums and babies (aged 15-25) providing a New Parent Education Programme.

## Who is the service for?

Principally for 'At Risk' young mothers and babies.

## Any other information?

Parenting and Life Skills Assessments are provided for Child Youth and Family Services.

## Which of the following young people do you work with?

We work with young mothers in their last trimester of pregnancy and up until baby is one year old. We work with fathers and male partners who are in an ongoing relationship with their partner and child. Also when we are running specific education which looks at whole families/whanau.

# Hornby Heartlands Service Centre

Co-located within Work and Income Hornby

**Address:** 25 Shands Road, Hornby,  
Christchurch

**Phone:** 385-6583

**Email:**  
june.fostercampbell004@msd.govt.nz

**Website:** www.heartlands.govt.nz

## What service do you provide?

We provide "face to face" links with 16 different types of services -government and non government agencies, e.g. IRD, Housing NZ, Community Law Canterbury, Ministry of Justice, Community Development Worker, Smoke Free, Career Services, CPIT, Child Youth and Family – Youth Justice and Māori Land Courts, just to name a few.

## Who is the service for?

All peoples, ages, religions, nationalities, regardless. We service Hornby and surrounding communities, including rural areas. No one is turned away at Heartlands Hornby.

## Any other information?

There are many ways to access government and community organisations, but sometimes you just want to talk to someone, face to face in your own community.

## Which of the following young people do you work with?

We work with all.

At Heartlands we have a "Youth / Rangatahi information area" plus other available social services support.

# Housing for Women Trust

**Address:** Level 2, 134 Manchester St, Christchurch

**Phone:** 377 2145

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

## What service do you provide?

The Trust provides rental accommodation at below market rentals to women (and their children if applicable) on a low income in a

co-operative environment. The Trust also provides information and advice on all housing issues such as emergency housing, Housing New Zealand and City Housing (CCC), boarding, renting and home ownership for example.

## Who is the service for?

All women, with or without children, pregnant or not.

# Kingdom Resources

**Address:** 300 Lincoln Rd, Addington Mall, Addington, Christchurch

PO Box 33285 Barrington, Christchurch, 8244

**Phone:** 332 1700 Fax 332 1600

**Email:** [kr@kingdomresources.org.nz](mailto:kr@kingdomresources.org.nz)

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

## What service do you provide?

Free courses and one-to-one advice.

Kingdom Resources is a non-profit organisation that offers Employment and Budgeting.

Employment: Helping people in their journey towards meaningful employment. Courses: "Taking the

First Step" for women returning to the workforce and "Men@Work" a similar course for men. One-to-one career advice, assistance with CV preparation, interview skills, letters of application and budgeting.

Budgeting: Helping individuals and families who are facing financial difficulties by providing budget advice and practical solutions to ease the burden of debt. Course: "Beat the Budget Blues" or "Making Money Matter" help with developing a personal spending plan.

## Who is the service for?

Anyone! Phone our office to discuss your situation.

## Rangiora Budget Advisory Service

**Address:** War Memorial Hall, 1 Albert Street, Rangiora

PO Box 351 Rangiora 7440

**Phone:** 313 3505 and Fax: 313 3505

**Email:** rangiorabudget@ihug.co.nz

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

### Who is the service for?

The general public.

### Any other information?

This is a free, confidential service which is run by volunteers.

### What service do you provide?

Offer advice to families and individuals who are either struggling with finances or are seeking help in setting up a budget.

### Which of the following young people do you work with?

We work with all young people and their families.

## Te Whatumanawa Maoritanga O Rehua Marae

**Address:** 79 Springfield Road, St Albans, Christchurch

**Phone:** 355 5615

**Email:** rehua@ihug.co.nz

### Who is the service for?

Children, young people and whanau.

### Which of the following young people do you work with?

Anyone who wants our support.

### What service do you provide?

Home based generic social work support and budgeting support.

“Shop with a list, don’t shop hungry!”

## Tenants Protection Association (ChCh) Inc.

**Address:** Christchurch Community House / Te Whakaruruhau ki Otautahi, 141 Hereford Street

**Phone:** 379 2297

**Email:** tpa@xtra.co.nz

**Website:** www.tpa.org.nz

### What service do you provide?

Free, confidential advisory service to tenants. Information, advocacy and education. Education workshops for tenants and other organisations.

### Who is the service for?

All tenants, including flatmates and boarders. (Does not include commercial tenants).

### Any other information?

Tenants can call or drop in to our office. We recommend making an appointment first if coming to the office.

## The Salvation Army Linwood

**Address:** 177 Linwood Ave, Linwood (between Hereford and Worcester St's)

**Phone:** 389 3723

**Email:**

Elizabeth\_daly@nzf.salvationarmy.org

### What service do you provide?

Foodbank, clothing and furniture assistance, advocacy, budgeting advice, if you need help we can help.

### Who is the service for?

Anyone who is in need of some friendly assistance.

### Any other information?

All services we provide are free, we have two clothing and furniture stores(2nd hand) where goods can also be bought cheaply.

### Which of the following young people do you work with?

Everyone!

“Education is important! Expand your learning and your child’s. Check out young parents colleges – Karanga Mai and Kimihia, they offer you a lot of support with everything”

# YouthLaw Tino Rangatiratanga Taitamariki

**Address:** PO Box 7657 Wellesley St,  
Auckland, Level 1, 219 federal St  
Auckland CBD

**Phone:** 09 309 6967 – we will take  
collect calls

**Email:** [info@youthlaw.co.nz](mailto:info@youthlaw.co.nz)

**Website:** [www.youthlaw.co.nz](http://www.youthlaw.co.nz)

## What service do you provide?

We are a nationwide community law centre for children and young people under 25.

We provide free legal information, advice and assistance via our free phone advice line from 10am to 4pm

Monday – Friday.

Free legal information via our website, we also have profiles on Bebo and Facebook.

Legal education in the community to schools and other groups.

Law reform through submissions to select committee and working at the national level with special interest groups.

## Who is the service for?

Children and young people under 25 and adults working with them such as parents, teachers or youth workers.

# Agape Trust

**Address:** 211A Breezes Road, PO Box  
15024, Aranui

**Phone:** 388 5372

**Email:** [agapetrust@extra.co.nz](mailto:agapetrust@extra.co.nz)

## What service do you provide?

An Alternative Education school, After school clubs, OSCAR after school care, Holiday programmes, Bush Craft camps, Life skill programmes.

## Who is the service for?

Children and youth aged 5-17.

## Any other information?

We work in with the local school and high schools in our area. Life skill clients come from the high schools. Alternative Education students are referred.

## Which of the following young people do you work with?

Young mums and dads under the age of 17 and their children if they are 5 or above.

“It’s important to set up in your own home, learn how to shop and budget. Have the basics in your pantry like flour and sugar and useful equipment like can openers, mashers, pots and pans. Learn to cook!”

# Career Services Rapuara

**Address:** PO Box 4441, Christchurch

**Phone:** 377 0530

**Email:** [adavison@careers.govt.nz](mailto:adavison@careers.govt.nz)

**Website:** [www.careers.govt.nz](http://www.careers.govt.nz)

## What service do you provide?

Help everyone to make the best decisions about jobs, training and careers.

## Who is the service for?

All New Zealanders!

## Any other information?

Not only do we have a website with all the information about us but you can also call 0800 222 733.

## Which of the following young people do you work with?

We work with all young people.

# Karanga Mai Young Parents College

**Address:** Robert Coup Road, Kaiapoi

**Location:** Kaiapoi High School

**Phone:** 327 8386

**Email:** [ypc@kaiapoi.school.nz](mailto:ypc@kaiapoi.school.nz)

## What service do you provide?

Karanga Mai is a school for teen parents with an attached licensed early childhood centre for their children. We support pregnant teens and young mums and dads to continue their secondary schooling and to gain national qualifications at secondary and tertiary level. Our Early Learning Centre provides quality education and care for our young parents' children on site. This enables the young parents to maintain regular contact with their children and supports them as students and as parents.

## Who is the service for?

Pregnant and parenting teens – mums and dads. Our students should be under 19 on 1 Jan of the year in which they enrol with us. We take students

from the Waimakariri and from all areas of Christchurch other than East and South Christchurch: Linwood – Aranui – Hillmorton (which our sister school – Kimihia – accomodates).

## Any other information?

We also offer social work support, parenting programmes and career planning, and bring services like Plunket and Work & Income to the school. Karanga Mai is a supportive, whanau-based environment. Transport is available if needed and the College is free to students not eligible for the Training Incentive Allowance. The Early Learning Centre fees are covered by the Childcare Subsidy.

## Which of the following young people do you work with?

Young mums and dads and their children, and young pregnant women. We welcome all family/whanau to visit our school and Early Learning Centre and participate in our whanau-based activities.

# Oranga Niho (Healthy Teeth)

# Oranga Kata (Healthy Smile)

Good Oral Health Begins In Pregnancy. It's never too late...

## Pregnancy

- Eat a balanced diet. It is important that you receive sufficient amounts of nutrients – especially calcium, protein, phosphorous, and vitamins A, C, and D
- Brush teeth twice daily with a fluoride toothpaste and floss daily
- Obtain necessary dental treatment before delivery

## Birth – 6 months

- Breastfeed your baby
- If bottle-feeding, hold your baby and do not put them to bed with the bottle

## 6 months onwards

- Take your child to a dental clinic when their first tooth comes through
- Enrol your pre-school child for regular dental care at a school dental clinic. Ask your preschool or Well Child/ Tamariki Ora nurse for enrolment forms. **All dental care for pre-school and school children by the dental therapists at these clinics is free.**
- Encourage your child to brush his or her teeth in the morning and just before going to bed from an early age so it will become a regular habit.
- Use fluoride toothpaste and a toothbrush with soft bristles. Remember to spit out and not rinse after brushing teeth.

## Healthy foods, healthy snacks and healthy drinks make healthy teeth

Healthy Snack ideas:

- Bread, cheese, milk, yoghurt, fresh fruit or raw vegetables
- Encourage children to drink water. It is fresh and free

## Sugary foods and sugary drinks make unhealthy teeth

Avoid:

- Giving a bottle of sweetened drink, e.g. fruit juice, cordial or sweetened milk, especially at bed time. The sugar in the drink can make your baby's teeth decay.
- Putting honey or sweet food on your baby's dummy. This can also cause decay. If your baby falls asleep with a bottle, take the bottle away.

## Remember

Dental care is free from year 9 to your 18th Birthday. To find a dentist call:

0800 its free (487 373)

For more information Contact Oral Health Promoters

Louise Matson and Nicola Wilmot

03 381 8000 or 027 381 8019

# Kimihia Learning Centre

**Address:** 521 Ferry Rd

**Phone:** 389 1806 and 389 1807

**Email:** nan.caldwell@

kimihialearningcentre.co.nz

## What service do you provide?

Education and childcare for young parents and their children.

## Who is the service for?

Young mums and dads and their children.

## Any other information?

The Kimihia Parents College is a teen parent unit which offers young parents, or pregnant young women the opportunity to continue their education. Students follow a curriculum which enables them to earn national qualifications.

The Kimihia Early Learning Centre is for

the education and care of the students' children. This enables the parents to study under the best conditions with the least worry for their children.

The College and the Early Learning Centre are both free; transport is provided; and trained and registered teachers are employed in both centres.

## Eligibility

There are two categories of students –

Under 19 yrs at time of enrolment –

Criteria – primary caregiver of child/ren or pregnant.

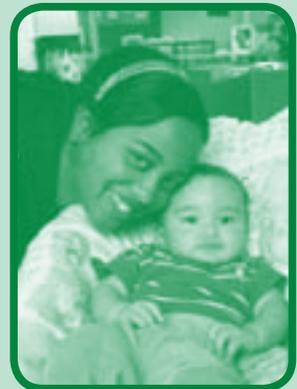
19+ at time of enrolment and in receipt of a WINZ benefit.

Criteria – primary caregiver of child/ren or pregnant.

## Which of the following young people do you work with?

Young mothers, fathers and their children.

“When you're pregnant plan ahead. Stop going out or do different social stuff. Talk your friends through your pregnancy so they know what to expect and what your new limits are”



# Te Ora Hou – Otautahi Inc

**Address:** 77 Windermere Rd, Papanui, PO Box 5556, Christchurch

**Phone:** 352 1057 and 352 5889

**Email:** christchurch@teorahou.org.nz

## What service do you provide?

### After school activity programmes/Clubs

These are weekly programmes for girls and boys that emphasize the areas of strengths and resiliency in the young person's life and draws on that resiliency to encourage positive change. Our programmes use personal development, outdoor education, team building, and addressing important and relevant issues. Volunteer workers are responsible for a small group of young people who meet weekly.

- East Boys
- North Girls

### Alternative Education – Te Kaupapa Whakaora (14-16)

Te Kaupapa Whakaora provides educational opportunities and support for "at risk" students who have been removed from mainstream education.

### Whakatu Rangatahi (15-18)

Youthwork support and leadership programme for rangatahi aged 15+ transitioning out of school and into other training. This programme has a strong outdoors and adventure based learning focus.

### 24/7 Youthworkers in Schools

We partner with 24/7 Youthwork and our local schools, Papanui High, Burnside High and Casebrook Intermediate to provide support for rangatahi as they transition through intermediate and into Years 9 & 10. 2x Youthworkers regularly

run in and out of school programmes, school and community based events, 1:1 and small group interventions, whanau visitation, sports coaching and cultural events.

### Youth Justice Programmes (including Youth Development Programme and Supervision with Activity)

These initiatives involve extra youthwork support for rangatahi who are requiring supervision and intervention as a result of involvement in the Youth Justice System.

### Nga Toa programme

This is a weekly programme for the wider community who want to explore issues about life and spirituality in a safe supportive environment.

### Whakapakari

Whakapakari is a leadership and discipleship programme for those young people wanting to explore and develop their leadership skills and to be disciplined.

### Camps

These camps are run during the school holidays.

Camps Include CTC – National Performing arts festival (Wellington)  
Tautoko – National Te Ora Hou Youth Hui (aged 12-18), Maranga Ake National Te Ora Hou Youth Hui (aged 10-12)

### Home Visitation and Whanau Support

Home visitation serves to provide a link between whanau and Rangatahi. Our Kaiawhina support whanau according to their needs around a whole range of issues from budget advice to social events.

## Te Ora Hou – Otautahi Inc continued...

### **Youthworker Training/Tipu Ake**

Te Ora Hou partners with PRAXIS to deliver the Tipu Ake Certificate in Youthwork. Tipu Ake means to “grow and mature” and is a year long course designed specifically to equip youth workers to understand and work in Maori communities. Other youthworker training opportunities include attending Canterbury Youthworkers Collective, Circle of Courage and 24/7 Youthwork training.

### **Community Development Projects (CDPs)**

CDPs are an excellent way to meet local community needs and issues while giving Rangatahi and Whanau the opportunity to contribute and partake in a positive way. This serves to foster local identity and ownership of issues and solutions. Examples include Community Days, Murals and Youth Events (Ruckus and Havoc Dance Events)

### **Overseas projects**

Te Ora Hou seeks to foster development of links with other indigenous groups through cultural exchange. Examples include attending Indigenous Peoples Gatherings and “Project Serves” and supporting our sister organisation in Hawaii, Ke Ola Hou.

### **Any other information?**

Te Ora Hou is a group of people, mostly Maori, committed to the holistic development of young people, their whanau and communities. We are involved in a wide variety of youth and community development initiatives at a local, regional, national and international level.

### **Which of the following young people do you work with?**

Our target group is Maori and Polynesian whanau and young people (but not exclusively).

# The Salvation Army Employment Plus

**Address:** Level 2, Science Alive Building,  
Moorhouse Ave, Christchurch

**Phone:** 379 4736

**Email:** christchurch@  
eplus-salvationarmy.org.nz

**Website:** www.eplus-salvationarmy.org.nz

## What service do you provide?

Education and training towards employment.

## Who is the service for?

16-17 yr olds with no or low qualifications and over 18 year olds that are registered with Work and Income and have low qualifications.

## Any other information?

Career Planning – identifying interests and goals.

Job Search.

Driver Licence assistance – learner to restricted.

Work experience.

Literacy and numeracy tuition – overcoming problems with mathematics and improving written and spoken English.

NZQA units and National Certificates – we are nationally registered and accredited.

We offer training in the areas of computing, graphics business administration, building trades, electrical and electronics, retail and customer service, careers in the health industries, security officer training, adventure based learning and life skills and environmental awareness (Pest Control industry).

## Which of the following young people do you work with?

We work with any person who is eligible for our programmes and is working towards further education or work.



# Woolston Development Project Inc

**Address:** PO Box 19-793 Woolston

**Phone:** 3894 448

**Email:** wdp@woosh.co.nz

## What service do you provide?

Family Support Service, after school care in Woolston & Bromley areas, Holiday activities in Woolston, Volunteer training programme, hire Top Team gear, Weekly Women's group.

## Who is the service for?

**Family Support Service:** for families within the Hagley/Ferrymead ward boundaries with children from birth to Year 8 at school. Contact Bev Adams, Family Support Worker, 389 4448. This is a free service.

**After School Programme (Woolston):** New Entrants to Year 7. Monday to Fridays 3-5pm. \$7 per child per day, OSCAR subsidy available. Contact Bev or Lisa 389 4448.

**After School Programme (Bromley):** New Entrants to Year 6. Monday – Fridays 3-5pm. \$6 per child per day, OSCAR subsidy available. Contact Gerardine after 3pm 389 1657.

**Holiday Activities:** for new entrants to Year 8 children. Tuesday & Thursdays during school holidays. \$8 per child per day with community services card otherwise \$15 per day. OSCAR Subsidy available. Contact Bev 389 4448.

**Women's Group:** open to all women within Hagley/Ferrymead ward boundary area. Meets Wednesday mornings during school term for social/recreation activities. Cost ranges between \$3-\$8 depending on activity. Alternate weeks is a trip out with bus transport provided. Contact Lisa 389 4448.

**Volunteer training Programme:** for high school students interested in working with children. Provides work experience at After School Programmes and Holiday Activities and relevant training. Contact Lisa 389 4448.

**Top Team Hire:** provides equipment for team events/games e.g 6-person grass skiis. Contact Lisa 389 4448.

## Which of the following young people do you work with?

The Family Support Service is able to work with all people depending on the client's individual requirements.

“Don't take stereotypes and “bad news” teen parent stories on board. There are AMAZING teen mums and dads out there. You can be the example for others, too”

# YMCA Education Centre

**Address:** Springfield Rd, St Albans

**Phone:** 377 2174

**Email:** training@ymcachch.org.nz

## What service do you provide?

M.A.P.S – Mothers and Preschoolers  
FREE COURSE.

MAPS is designed to give you literacy and numeracy skills which will assist you in parenting positively. MAPS will help build your self-esteem and confidence

while creating opportunities for you and your child in a safe and supporting environment.

## Any other information?

MAPS also offering cooking, budgeting, team work, health, child care skills...

## Which of the following young people do you work with?

Mothers and children under 5

# Y-DOT. Youth Development and Opportunities Trust

**Address:** PO Box 243 Rangiora

**Phone:** 027 229 1126

**Email:** d.stevens@xtra.co.nz

## What service do you provide?

Training towards employment, opportunity to gain Drivers Licence, First Aid Certificate, NZQA units.

Industry qualified Tutors with large and well equipped workshop

Courses in:

### Carpentry and Related Trades

- Practical construction projects covering all aspects of the Building Trade using carpentry power tools and equipment

## Automotive Engineering and Welding

- Practical and worthwhile learning projects such as Car and Motorbike repairs, design and build a trailer, welding and spray painting

## Who is the service for?

15-18 year olds with an interest in Building, Automotive Engineering, Welding or related trades who qualify for Tertiary Education Commission requirements

# YWCA Women

**Address:** 260 Cashel St, Christchurch

**Phone:** 379 7598

**Email:** christchurch@ywca.org.nz

**Website:** www.ywca.org.nz/christchurch

## What service do you provide?

### YWCA Women's and Families Day and Night Shelter

285 Hereford Street PO Box 22051  
Christchurch

Ph. 365 8720 or Ph/Fax 379 7598

Emergency Day and Night Shelter for women with and without children. Age range: 16 years and over. No male children over the age of 12 years. Charges: women \$15 per night, children vary with age. Office hours 10am-1pm, 7 days per week and 4pm-6pm also weekdays. No bookings. Staff available in emergencies: 7 days, 24 hours.

### Fashion Apparel & Related Industry Skills

Free entitlement for training for jobs in the clothing industry for both women and men (conditions apply).

Education & Training Unit,  
260 Cashel Street,  
Christchurch

Ph/Fax 379 7598

Contact Leigh Steele, Extension 2

### Y's Choice

Young women supported with foundation skills into further education and employment. Continuous entry for young women from 15 years of age. Monday-Friday 9.00am-3.30pm.

Our programme is for young women who have an interest in learning and achieving qualifications which prepare them to obtain and retain employment. Our students work on essential foundation skills including literacy, numeracy, information technology, problem solving, self management, competitive, co-operative and social skills as well as work, study and physical wellness skills which allow for the development of vocational skills and work readiness. Students can also work towards gaining their learner licence.

Education & Training Unit,  
260 Cashel Street, Christchurch

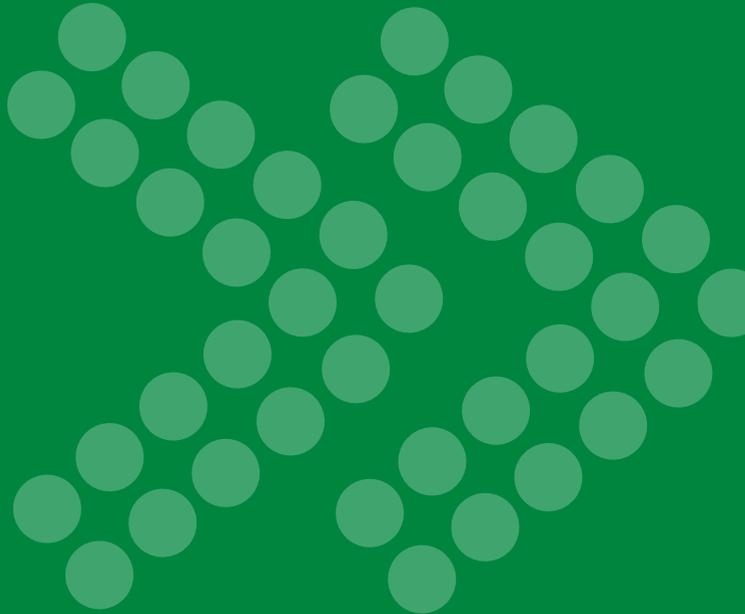
Ph/Fax 379 7598

Contact Leigh Steele, Extension 2

“Organisations like Te Pua Waitanga and Pregnancy Help are there to help”



# specialised help



# Adventure Development Ltd

**Address:** 387a Colombo St Sydenham

**Phone:** 379 7779

**Email:**

Claire@adventuredevelopment.co.nz

**Website:** www.adventuredevelopment.co.nz (Under development)

## What service do you provide?

Alcohol and Drug counselling, which may include wilderness and adventure therapy, family therapy and individual counselling.

## Who is the service for?

13-19 year olds who are having difficulties with alcohol and other drugs that are significantly affecting their mental health and wellbeing.

## Which of the following young people do you work with?

Any young people who have significant drug and/or alcohol concerns.

# Alcohol Drug Helpline

**Address:** PO Box 13496

**Phone:** 0800 787 797

**Email:** ada@adanz.org.nz

**Website:** www.alcoholdrughelp.org.nz and www.addictionshelp.org.nz

## What service do you provide?

We are a national telephone service operating 7 days a week, 10am-10pm. We offer insight, information, support and referral to people concerned about their own, or someone else's substance use. We deal with any subject related to alcohol and other drugs.

## Who is the service for?

This is an early intervention, referral support service for those affected by alcohol & other drugs.

## Any other information?

If you need urgent help we can offer you immediate counselling solutions and we can also refer you to the people in your area that can be of most help to you.

## Which of the following young people do you work with?

We accept calls from all people of all ages with a range of subjects including foetal alcohol.

## Battered Womens Trust

**Address:** PO Box 28057 Christchurch

**Phone:** 332 4122 Crisis Line: 364 8900

**Email:** batteredwomenstrust@xtra.co.nz

### What service do you provide?

We provide emergency housing for women and children in abusive relationships as well as support for women that stay in the community, and support groups for those affected by family violence.

### Who is the service for?

Any woman over the age of 18 or 16 (with a child) that are affected by family violence.

### Any other information?

We have a 24 hour crisis line that is operated by trained volunteers for women to ring if they are in need of our services.

### Which of the following young people do you work with?

Any woman over the age of 18 or any mum over the age of 16

## Big Brothers Big Sister of Christchurch

**Address:** 63 Brookside Tce, Christchurch

**Phone:** 351 4109

**Email:** bbbschch@paradise.net.nz

**Website:** www.bbbschch.co.nz

### What service do you provide?

A school based mentoring service to 7 primary and intermediate schools around Christchurch. Adult volunteers meet up with children in school time during school hours for a minimum of one year. During that time, the adult provides support, friendship and fun for a young person aged 5 to 13.

### Who is the service for?

For any young people who attend these schools that need role models and assistance to get through life's challenges.

### Any other information?

Young people need to be attending one of the 7 schools to be referred and may need to go on a waiting list for an available volunteer.

### Which of the following young people do you work with?

Predominantly children aged 5-13 in any circumstances depending on availability/skills of volunteer.

# Bipolar Support Canterbury

**Address:** 2nd Floor, Securities House,  
221 Gloucester Street, Christchurch

**Phone:** 366 5815

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

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

## What service do you provide?

Peer support to those people affected by bipolar disorder and their families.

## Which of the following young people do you work with?

Any young person affected by bipolar disorder, and their families.

# CCS Disability Action Canterbury

**Address:** 220-224 Lichfield St

**Phone:** 365 5661 **Fax:** 372 9507

**Email:**  
[canterbury@ccsdisabilityaction.org.nz](mailto:canterbury@ccsdisabilityaction.org.nz)

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

- Assessment & Monitoring Programme for children, who are at risk of developing a disability due to their premature birth.

## Who is the service for?

Infants aged 0-5yrs.

## Any other information?

Usually people are referred to our service by their paediatrician.

## What service do you provide?

- Early Intervention service for children who have two or more needs that affect their ability to live an ordinary life and enjoy typical childhood experiences (ie. Children with disabilities).
- Child Development Programme for children who are at risk of delayed development because of his or her medical or physical needs.

## Which of the following young people do you work with?

Parents & babies from birth.

“Keep labels on clothes you buy and gifts, so you can exchange things which are too big/small or which you have doubles of”

# Child Hope Children's Charitable Trust

**Address:** PO Box 8329 Christchurch  
**Phone:** 377 6018 / 021 424 673  
**Email:** chairman@childhope.org.nz  
**Website:** www.childhope.org.nz

## What service do you provide?

Help children in urgent need check out our website for specifics about the help we provide.

## Who is the service for?

Children 0 to 20.

## Which of the following young people do you work with?

Anyone from newborns through to 20 year olds.

# Christchurch City Mission

**Address:** 275 Hereford Street,  
Christchurch, PO Box 1032, Christchurch  
**Phone:** (03) 365 0635  
**Email:** info@citymission.org.nz  
**Website:** www.citymission.org.nz

## What service do you provide?

Help for children in urgent need – check out our website.

## Who is the service for?

Free, confidential service available to anyone who presents.  
Self referrals welcome.

## Which of the following young people do you work with?

Anyone who walks in the door

“Parenting is not as easy as it looks. You can ask for help, there are great places out there”

# Christchurch Methodist Mission

**Address:** 309 Durham St Christchurch,  
PO Box 1449, Christchurch

**Phone:** 366 6745 **Fax:** 366 6650

## What service do you provide?

ChildWise is the Child and Family Service for children up to 13 and their parents.

Services include:

**ParentWise** – an 8 week parenting programme.

**Wise UP** – a life skills group for children aged 5 to 12 years.

Child Counseling for children aged 3 to 12 who have experienced change, loss and grief.

**Parenting Through Separation** – a course for parents who have separated who require support during this time.

**ParentWorks** – a parenting group education programme and home based programme for parents who don't have their children living with them or who have limited access to their children.

**HomeLink** – provides home based social work support.

Aratupu Preschool and Nursery is based at 97 Harewood Road and provides high quality preschool education for children aged 0 to 5 years. There is a whanau support worker on site and group courses are also available.

Te Kete Oranga provides budgeting, debt management and advocacy supports. Food assistance is available. Group education includes a Smart Foods cooking course, adult literacy and numeracy and Budget Blitz a group budgeting course.

## Who is the service for?

Families with children aged 0 to 13 and individuals of all ages with debt management issues.

## Any other information?

There is no cost to our Te Kete Oranga services and the children and family services are low cost. At Aratupu Early Childhood subsidies apply.

## Which of the following young people do you work with?

All parents (male and female) with children aged 0 to 13 years.

All individuals with debt management issues.

Separated parents of all ages requiring support for themselves and their children during this time.

Parents who don't have their children living with them.

Children aged 0 to 13 years.

“Breastfeeding things to know: You can leak milk for ages eg when baby cries. When you feed you can squirt from both breasts at the same time. You might leak the first time you have sex after giving birth, too”

# FUTURES ▶▶



## 198 Youth Health Centre

Ph: 379 4800

E: ythhlth@ihug.co.nz

Providing free primary health and mental health services to young people aged between 10 and 25 years.

## Family Planning

Ph: 379 0514 F: 365 5757

Providing sexual and reproductive health services. Contraception, cervical smear tests, screening for sexually transmissible infections and more. This service is available for females and males.

## Women's Health Information Centre

Ph: 379 6970 or 0800 379 970

E: whic@womenshealthinfo.co.nz

W: www.womenshealthinfo.co.nz

Providing free condoms, pregnancy testing service, health information (both alternative and conventional), referrals and health talks. This service is available to all women, however we are not a women only space and therefore some men use the service.

## Kimihia Parents College

Ph: 389 1806/07

E: nan.caldwell@

kimihialearningcentre.co.nz

The Kimihia Parents College is a teen parent unit which offers young parents or pregnant young women the opportunity to continue their education. Students follow a curriculum which enables them to earn national qualifications.

## Karanga Mai

Ph: 327 8386

E: ypc@kaiapoi.school.nz

Karanga Mai is a school for teen parents with an attached licensed early childhood centre for their children. We support our pregnant and teen parents to continue their secondary schooling and to gain qualifications at secondary + tertiary level.

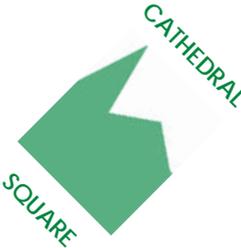
## Te Puna Oraka – Early Years Services

Ph: 385 5691 or

text: 027 6551 996

E: felicite.jardine@earlystart.co.nz

Activities and courses, parenting support for young families in Shirley.

 <p>BRIGHTON NEW</p>	1-369 Hereford Street	Robert Coup Road, Kaiapoi
	Father & Child	
349 Woodham Road	St John of God Waipuna	<b>FUTURE</b>
134 Manchester Street Level 1,	Breastfeeding Group	
376 Manchester Street	Midwifery Resource Centre	
 <p>CATHEDRAL SQUARE</p>	198 Youth Health Centre	9 Washington Way
	198 Hereford St	

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Karanga Mai Kaitapoi High School,</p>	<p>521 Ferry Road  Kimihia Parents College</p>	
	<p>Holly House</p>	<p>PO Box 13 171</p>
	<p>Te Puna Oraka - Early Years Services</p>	<p>69b Briggs Road</p>
	<p>Pregnancy Help Inc.</p>	<p>98 Marshland Road</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Family Planning</p>	<p>Women's Health Info Centre  2nd Floor, 115 Cashel Mall</p>	

### Father & Child

Ph: 982 2440  
E: [enquiries@fatherandchild.net.nz](mailto:enquiries@fatherandchild.net.nz)  
W: [www.teendads.org.nz](http://www.teendads.org.nz)  
[www.fatherandchild.net.nz](http://www.fatherandchild.net.nz)

For teen dads: Long-term (2-3 years) mentoring and active support/advocacy with the primary goal of ensuring ongoing involvement of dad with his child.

### St John of God Waipuna

Ph: 386 2159  
E: [admin@sjog.org.nz](mailto:admin@sjog.org.nz)  
W: [www.sjog.org.nz](http://www.sjog.org.nz)

Providing a safe, home based, friendly, welcoming support service for parents under 25, parents-to-be and young families. Waipuna has social workers and runs groups for young parents.

### Midwifery Resource Centre

Ph: 365 2789

Is run by volunteer midwives who are there to answer questions, do free pregnancy tests and give out information on finding a midwife. There is also a free library of pregnancy and birth books and videos.

### Pregnancy Help Inc.

Ph: 385 0556  
E: [canterbury@pregnancyhelp.org.nz](mailto:canterbury@pregnancyhelp.org.nz)  
W: [www.pregnancyhelp.org.nz](http://www.pregnancyhelp.org.nz)

Providing free practical assistance such as pregnancy tests, maternity clothes, baby clothes and bedding, equipment (bassinets, prams/strollers, highchairs, baths) and information.

### Holly House

Ph: 355 3361 or 356 1389  
M: 027 457 9869  
E: [holly\\_house@psusi.org.nz](mailto:holly_house@psusi.org.nz)

Providing a residential home for young Mums and Babies (aged 15-25) and a New Parent Education Programme. Parenting and Life Skills Assessments are provided for CYFS.

### Young Parents Breastfeeding Group

Ph: Susan on 981 6028  
E: [howiesue@paradise.net.nz](mailto:howiesue@paradise.net.nz)

Antenatal breastfeeding education and visual learning from successfully breastfeeding teen Mums. Postnatal support, and information for parents up to 24 years.

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## Christchurch Supergrans

**Address:** 65-67 Hampshire Street, Aranui  
**Phone:** 388 6415  
**Email:** chchsupergran@paradise.net.nz

### What service do you provide?

We mentor individuals in home skills, to help make positive changes in their lives.

### Who is the service for?

The whole Christchurch Community.

### Any other information?

Provide the following courses in school terms: Budgeting, healthy cooking, diabetic cooking, sewing, quilting, jewellery, card making, parenting, adult literacy.

All our services are free.

### Which of the following young people do you work with?

We work with any parents and their families.

## Deaf Association of NZ

**Address:** 270-272 Gloucester St, Christchurch  
**Phone:** 379 5074  
**Email:** joyce.ferguson@deaf.co.nz  
**Website:** www.deaf.co.nz

### What service do you provide?

Social work, service coordination, employment support and advice,

NZ Sign Language Interpreting, adult education.

### Who is the service for?

All members of the Deaf community.

### Which of the following young people do you work with?

All pregnant and teen parents.

## Drug Arm

**Address:** 118 Shortland St, Aranui  
**Phone:** 388 501 or 027 436 9925  
**Email:** drugarm.chch@xtra.co.nz  
**Website:** www.drugarm.co.nz

### What service do you provide?

Drug and alcohol education and counselling.

### Who is the service for?

Anybody affected by drug or alcohol use.

### Which of the following young people do you work with?

All of those affected by drug and alcohol use.

# Depression Support Network

**Address:** Level 4, 215 Gloucester Street,  
PO Box 13-167, Christchurch

**Phone:** 366 8083

**Email:** [admin@dsn.org.nz](mailto:admin@dsn.org.nz)

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

## What service do you provide?

We provide group and one-to-one support for people in their recovery from depression. We run adult groups throughout the city, run young peoples' groups in the central city, and also have a Tikanga Maori support group for those who want to experience their recovery within a Maori framework.

We also provide education about depression, to raise awareness and increase knowledge about it within the community.

## Who is the service for?

People over the age of 15 years who experience depression, as well as parents of young people, friends and family.

## Which of the following young people do you work with?

Any young people (from the age of 15 years upwards) who are experiencing depression and would like to work towards their recovery in a support group setting.

# LifeLinks

**Address:** 205 Salisbury Street,  
Christchurch

**Phone:** 365 9593

**Email:** [office@lifelinks.co.nz](mailto:office@lifelinks.co.nz)

**Website:** [www.lifelinks.co.nz](http://www.lifelinks.co.nz)

## What service do you provide?

Community based supports for people with disabilities. This process is known as Needs Assessment and Service Coordination. LifeLinks is a private company which has contracts with the Ministry of Health and the District Health Boards.

## Who is the service for?

This service is available to people of all cultures who were born in New Zealand or have proof of citizenship and/or residency and are under 65 years of age.

## Any other information?

Your age and/or disability will determine whether LifeLinks can assist you.

Referrals can be made by a specialist, G.P, friend, family member or yourself.

Visit [www.lifelinks.co.nz](http://www.lifelinks.co.nz) for further information.

# He Waka Tapu

**Postal Address:** PO Box 15-037,  
Aranui, Christchurch

**Physical address:** 161 Pages Road,  
Aranui, Christchurch

**Phone:** 373 8150

**Email:** admin@hewakatapu.org.nz

**Website:** www.hewakatapu.org.nz

## What services do you provide?

Some of the services He Waka Tapu offers are:

- Stopping violence groups for tane, (men) wahine (women) and rangatahi (youth).
- We offer assessments and intervention for those with problem gambling issues (or support for their partners/whanau).
- We have an alcohol and other drug assessment and referral service for rangatahi (youth 12-17) and pakeke (adults – 18+).
- We also run a 12 week alcohol & other drugs day programme for adults (18+).
- Whanau ora health services look at fitness and gentle exercise programmes, nutrition and healthy cooking classes, education and information.
- We offer specific health services to wahine Maori – breast & cervical screening promotion and information as well as smear taking and sexual

health (we have a qualified female Nurse).

- We run a 6 session Parenting Programme (Parents Inc) for couples.
- From time to time we can accommodate whanau looking for short-term respite care.
- we mow 120+ lawns locally every month.

## Who is the service for?

Services are free and open to all. However services are targeted to Maori. He Waka Tapu operates from a Te Ao Maori (Maori world) viewpoint and we utilise Maori models of practice such as waka/powhiri/te whare tapa wha etc.

Rangatahi services whether it be AOD / Family violence etc are for those 12-17 years.

Pakeke (adult) services are for those 18+.

He Waka Tapu believes in engaging with the whanau /family of those referred as well.

## Any other information?

Feel free to make enquires at our office

### Which of the following young people do you work with?

We have an all inclusive approach. For specific programmes, see above.

“Parents Inc offers a weekly parenting course which is really helpful”

# Opawa Community Support

**Address:** C/- 7 Aynsley Tce, Opawa, Christchurch

**Phone:** 981 3044

**Email:**  
opawa.comm.church@clear.net.nz

## What service do you provide?

Counselling, advocacy, life skills education, parent support.

## Who is the service for?

Open to everyone – there is no expectation of church involvement.

## Any other information?

The service is free – donations are accepted.

## Which of the following young people do you work with?

We work with anyone, including young mothers, fathers and their children.

# Odyssey House Trust

**Address:** 98 Greers Rd, Christchurch

**Phone:** 358 2690

**Email:** odyssey.trust.chch@xtra.co.nz

## What service do you provide?

Alcohol and Other Drug Treatment, residential and day programmes.

## Who is the service for?

Adolescent Male and Female programmes and an Adult Male Programme.

## Which of the following young people do you work with?

Any young people with drug dependency.

“Get stuff (clothes, nappies, cot, car seat etc) sorted as early as possible so you don’t stress at the last minute”

# Plunket Postnatal Adjustment Programme

Phone: 364 1646

## What service do you provide?

Support and information for mothers distressed by the arrival of their new baby. This includes help with adjustment to parenthood and mild to moderate anxiety and depression. Specialist Registered Plunket Nurses provide assessments at home, and linkage into an 8 week support group, or with other community help services. We also provide information and education to community groups on postnatal depression and anxiety, and support of infant wellbeing.

## Who is the service for?

Mothers who are experiencing distress/ anxiety or depression following the birth of their baby.

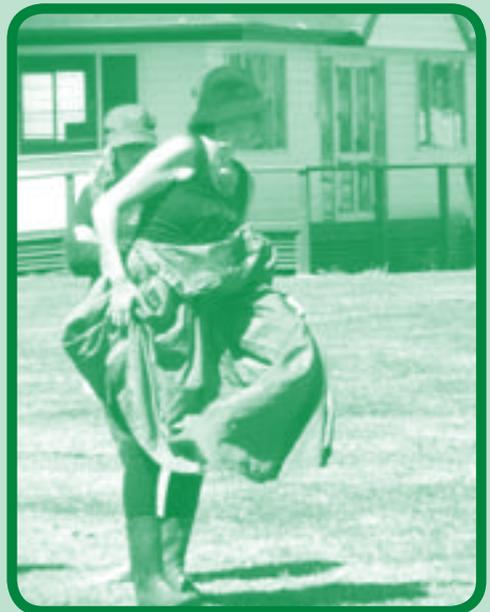
## Any other information?

The Oranga Whakamomori programme is available for Whanau who identify as Maori and who would prefer to attain wellness through Te Kaupapa Maori processes.

## Which of the following young people do you work with?

Mothers and fathers who are affected by distress adjusting to the arrival of their new baby. Maori Whanau until pepi is 2 years old.

“Antenatal classes are good. If you go mainstream take your mum or an aunty. There are new youth antenatal classes too if you're scared of being the youngest person there and feeling judged”



# PILLARS Incorporated

**Address:** PO Box 1687, 232 Fitzgerald Avenue, Christchurch

**Phone:** Helpline 377 3990

**Email:** enquiries@pillars.org.nz

**Website:** www.pillars.org.nz

## What service do you provide?

Mentoring for children of prisoners and wrap-around social work support for their families/whanau.

## Who is the service for?

Children with a parent in prison and their caregiver.

## Any other information?

The PILLARS programme is a concerted effort to significantly reduce the crime rate in New Zealand – for good! Research shows that children of prisoners are 6-7 times more likely to end up in prison than any other child. We believe that if every prisoner's child in New Zealand is matched with a pro-social mentor, we could significantly cut the crime rate in 10 years.

Established in 1988, PILLARS is a community based organisation that supports children of prisoners in New Zealand.

## Our Mission

"To work towards a crime-free society by providing support services to youth and children of prisoners and their families / whanau, aimed at breaking the cycle of intergenerational offending and lowering the rate of imprisonment."

## Our Objectives

- To be a national voice for children of prisoners representing their views and directly influencing policy and legislation
- To provide innovative best practice models for support for children of prisoners to break the cycle of intergenerational offending
- To raise awareness of issues affecting children of prisoners

## Our Service Objectives

- To provide quality mentors to children and young people
- To improve the care and protection of children and young people
- To minimize the risk factors and increase the protective factors associated with criminal behaviour
- To contribute to cutting edge research on crime prevention and reduction

The outcome sought is a safe, crime free New Zealand through the children of prisoners being a contributing, helpful member of their community.

## Which of the following young people do you work with?

Yes to all above if they fit our criteria. Referrals are made on our official referral form.

# P.A.T.H.S. (Post Abortion Trauma Healing Service)

**Address:** PO Box 1557, Christchurch 8040

**Phone:** 379 7710

**Email:** carolina@postabortionpaths.org.nz

**Website:** www.postabortionpaths.org.nz

## What service do you provide?

Face to face counselling and support for women and men struggling with loss, grief or trauma after a recent or past abortion experience. We also offer email support, are in the process of setting up a support group and if there is enough interest we are open to running a group programme for dealing with issues after abortion. We run annual Remembrance Services for anyone who has experienced a pregnancy loss of any kind including abortion.

## Who is the service for?

Any woman or man, any age affected by abortion directly or indirectly.

## Any other information?

We have an information booklet, newsletter and website. We do presentations about the possible impacts of abortion and healing journey to any group interested.

## Which of the following young people do you work with?

Anyone dealing with symptoms of problems relating to a recent or past abortion.

# Problem Gambling Foundation of New Zealand

**Address:** 329 Durham Street, Christchurch

**Phone:** 379 2824

**Email:** david.coom@pgfnz.org.nz

**Website:** www.pgfnz.org.nz

## What service do you provide?

Free & confidential counselling service by experienced and qualified health professionals. Our Asian Service also provides free counselling, information and education to the Asian community in Korea, Cantonese and Mandarin.

## Who is the service for?

The person gambling, their family, friends, employer and the wider community.

## Any other information?

Anyone affected by problem gambling can benefit from counselling, from learning the facts about gambling and healthy ways to cope with it.

## Which of the following young people do you work with?

Individuals, couples, family, friends, employers and the wider community.

# Rata Counselling Centre

**Address:** 196 Colombo Street,  
Christchurch

**Phone:** 332 5388

**Email:** office@ratacounselling.org.nz

**Website:** www.rata.counselling.org.nz

## What service do you provide?

Affordable professional counselling/  
therapy.

## Who is the service for?

Anyone from 12 years of age who  
would like to make changes in their life.

## Any other information?

Service can be free to youth aged  
12- 25 years if they are at school or have  
no income. We will assist those who are  
eligible for The Disability Allowance to  
access that.

## Which of the following young people do you work with?

Young mums, dads and their families.

# Relationship Services

**Address:** Level 5, 249 Madras St,  
Christchurch

Barrington office at 14-18 Athelstan Street

Rangiora office at 237b High Street,  
Rangiora

**Phone:** 366 8804

**Email:** christchurch@relate.org.nz

## What service do you provide?

Counselling service for individuals,  
couples and families. Couples are able  
to access Family Court counselling.  
Programmes for individuals are provided  
under the Domestic Violence Act.

Educational programmes: Parenting  
Through Separation, Relating Well  
in New Zealand, Dads Relating,  
Men Relating.

## Who is the service for?

Anyone can self refer to our service.  
The fee is related to income and  
we can help clients access Family  
Court counselling or to apply for the  
Disability Allowance.

## Any other information?

Profiles of the counsellors working for  
Relationship Services can be obtained  
by ringing the office administrators.

## Which of the following young people do you work with?

We work with anyone who wants to  
use our services. Pregnant women and  
young children are not our specific area  
of expertise. We would be happy to  
work with the parents, whether they  
are together or apart.

# Sexual Health Centre, Christchurch Hospital

**Address:** 33 St Asaph Street,  
Christchurch

**Phone:** 364 0485

**Email:** shc@cdhb.govt.nz

## What service do you provide?

Free and confidential screening for and treatment of sexually transmitted infections or associated conditions.

## Who is the service for?

Everybody!

# Shakti Ethnic Women's Support Group, Christchurch

**Address:** PO Box 24238 Christchurch  
Drop in services – 141 Hereford St.  
Christchurch

**Phone:** 389 2028

24 hour crisis line – 0800 742 584

**Email:** sewsg@shakti.org.nz

**Website:** www.shakti.org.nz

Emergency accommodation for women and children in domestic violence situations. Education programmes and support services with multi-lingual workers, culturally sensitive staff and volunteers.

## Who is the service for?

Immigrant women and children from Asia, Africa and the Middle East.

## What service do you provide?

Advocacy with immigration, WINZ, Housing NZ, lawyers.

“Prepare – mentally, emotionally and physically. Inform yourself, don't go into this blind. Find out what your baby is going to need eg living arrangements etc”



# START Incorporated

**Address:** PO Box 21 022,  
Christchurch 8143  
144 Westminster St, St Albans,  
Christchurch 8014  
**Phone:** 355 4414 **Fax:** 355 5804  
**Email:** starthealing@xtra.co.nz  
**Website:** www.starthealing.org

## What service do you provide?

Specialist sexual abuse counselling & family work (co-therapy model for under 17's), consultation & education services.

We offer ACC Accredited counselling for sexually abused children, youth and adults alongside support for their whanau.

We also provide consultations for community re sexual abuse concerns (by phone or in person) and community education re sexual abuse.

## Who is the service for?

Children, youth & adults of both genders. Members of both the general and professional community. All ages. All ethnicities. This is a service for those who have been sexually abused, not an abusers counselling service.

## Any other information?

START services are free of charge. Our counsellors are ACC Registered. Education services are low-cost and by negotiation.

START has some criteria for young people 17 yrs & under. Anyone is welcome to phone to discuss concerns.

## Which of the following young people do you work with?

START will work with anyone for whom sexual abuse issues are relevant.

# Stopping Violence Services (ChCh) Inc

**Address:** Level 2 & 3, 160 Manchester Street, Christchurch  
**Phone:** 365 6266  
**Email:** cheryl@svschch.org.nz  
**Website:** www.angermanagement.org.nz

## What service do you provide?

Men's Stopping Violence Group Programme

Men's Stopping Violence Individual Programme

Women's Living Without Violence Group Programme

Women's Living Without Violence Individual Programme

Enabling Youth Group Programme

Enabling Youth Individual Programme

## Who is the service for?

Everyone.

## Te Puna Oranga Inc.

**Address:** 687 Worcester Street, Linwood, Christchurch

**Phone:** 381 8472

**Email:** te-punaoranga@xtra.co.nz

### What service do you provide?

Counselling, Abuse Prevention Education, Maori Youth and whanau support services, Domestic Violence Child Witnessing 10-16yrs, Women and Parenting Programmes.

### Who is the service for?

Maori, without excluding any other ethnicities.

### Any other information?

Referrals can be made by Government agencies, Maori community, other community organisations, schools, doctors, private practitioners and individuals themselves.

### Which of the following young people do you work with?

Te Puna Oranga works with youth at risk (referrals to our organisation for these youth must come Child Youth and Family).

All programmes would be suitable for youth who have experienced violence and/or abuse.

## The Salvation Army Oasis Centre for Problem Gambling

**Address:** 126 Bealey Ave, Christchurch

**Phone:** 365 9659

**Email:** oasisch@xtra.co.nz

**Website:** [www.oasiscentre.org.nz/christchurch.php](http://www.oasiscentre.org.nz/christchurch.php)

### What service do you provide?

Free and confidential counselling – individual, couple, family, and groups.

### Who is the service for?

Anybody affected by problem gambling – whether their own or someone else's.

### Any other information?

Qualified, professional counsellors. Self referrals welcome.

### Which of the following young people do you work with?

We work with all people over the age of 18.

Fathers, Male partners, Not pregnant, Pregnant, Parent.

# Victim Support – Christchurch

**Address:** Christchurch Central  
Police Station

PO Box 2109, Christchurch

**Phone:** 363 7643

**Email:** christchurch@victimsupport.org.nz

## What service do you provide?

24 hour emotional support and information to all people affected by crime and trauma.

## Any other information?

Offer support at Court.

## Which of the following young people do you work with?

Victims affected by crime and trauma.

# Waimakariri Community Development Trust

**Address:** PO Box 409, Rangiora

**Phone:** 310 6375

**Email:** wcdt.lesley@xtra.co.nz

## What service do you provide?

8 services: Kaiapoi Community Services Centre; Karanga Mai Early Learning Centre; Strengthening Families; Community Youth Workers; Safer Schools; District Attendance/Tuancy

Service; Youth Drug and Alcohol Counselling Service; Counselling Service.

## Who is the service for?

Children, youth and families.

## Which of the following young people do you work with?

We work with any young people.

“There is no such thing as a perfect parent. If you are not getting it right it’s ok. There are people who can help you make any changes you might need”



# Walsh House, Christchurch City Mission

**Address:** 282 Hereford Street, Christchurch  
**Phone:** 365 0635  
**Email:** Catherine@citymission.org.nz  
**Website:** www.citymission.org.nz

## What service do you provide?

Walsh House provides a drop in for women and children as well as a comprehensive social work service covering both group and individual work.

A number of the women we see at any given time are homeless or living in substandard, unsafe circumstances.

Our aim is to assist women to address their most urgent needs and to develop pro social skills which will allow them to participate more fully in their communities.

To this end Walsh House offers; practical assistance (showers and a washing machine), self development groups and an atmosphere of safety and respect

for all who attend. Our relationship with other City Mission services allows us to offer clients a full cover of services at their most vulnerable times.

## Who is the service for?

Walsh House is open to all women especially those experiencing social isolation and those marginalised by society.

## Any other information?

Walsh House continues to provide a dynamic therapeutic community approach to work with women and children, providing new learning experiences through group work and staff and volunteer modeling of pro social behaviors.

## Which of the following young people do you work with?

Women.

# Waltham Youth Trust

**Address:** 136 Wilsons Road, Waltham, Christchurch  
**Phone:** 377 0791  
**Email:** walthamyouthtrust@xtra.co.nz

## What service do you provide?

Life skills groups for ages 12/13 through till 18/20, after school group for young girls. Provide space for developing community with the Waltham community a place of belonging, mentoring for girls.

## Who is the service for?

Youth.

## Which of the following young people do you work with?

Young people. If the case occurs where we feel we can not support and help out, we will pass them on to other agencies that may better cater for their needs.

# Women's Centre

**Address:** Level 2, 134 Manchester Street  
/ PO Box 13 476, Christchurch 8141

**Phone:** 379 7047

**Email:** support@womenscentre.co.nz

**Website:** www.womenscentre.co.nz

## What service do you provide?

- A quiet women-only space where women can drop in for a coffee, chat, information, or just time out.
- An Asian women drop-in on Fridays from 10.00-2.00pm. All women are welcome, but there will be Support Workers available from different Asian backgrounds.
- One to one support.
- Advocacy e.g. to WINZ and Labour Inspection.
- A call-in line for women in crisis, to talk with a skilled worker.
- Free legal service –15 minutes with a female lawyer, appointment necessary. The primary objective of this consultation is to ascertain if a client has a legal problem and if she needs to instruct a lawyer. Clients can get advice about their eligibility for Legal Aid and get some idea of the legal procedures involved in solving their problem.
- Free counselling service – appointment necessary.

Our counsellors deal with a wide range of issues. Specialisations are domestic violence, trauma, relationships, grief work and lesbian issues.

- A wide range of resources and information on women-focused community services.
  - Groups and workshops to encourage women's well being, and help them in the process of making changes.
  - A variety of low-cost courses throughout the year, facilitated by qualified tutors. Financial members receive a \$5 discount per course.
  - Support, resources and groups for lesbians.
  - Lesbian video evening every first Wednesday of the month, 7.00pm.
- Gold coin donation.
- A library (for financial members only).

## Who is the service for?

All women!!

## Any other information?

The Women's Centre works with and for the well-being of all women, by assisting, supporting and encouraging them to make informed.

“PAFT – Parents As First Teachers – are awesome, check them out”

# Christchurch Womens Refuge

**Address:** PO Box 32 034 Christchurch

**Phone:** 364 7306

**Website:** [www.womensrefuge.co.nz](http://www.womensrefuge.co.nz)

## What service do you provide?

24 Crisis/Support Line

Residential Safehouse

Community Services

Early Intervention Educational Programmes

Lesbian Services

Specialist Children and Youth Services

Professional Training and Public Education

Volunteer Training

Advocacy with lawyers, WINZ and Police

Referrals to other agencies

Information, support and counselling

Access to interpreter services for people with English as a second language

Access to interpreter services for the deaf

Safety plans

Parenting support programmes

School anti violence programmes

Awareness raising for healthy relationships for women and children

Women and children's group programmes

## Any other information?

Self referral only through the crisis line

Rural support offered also (Waimakariri and Hurunui)

## Which of the following young people do you work with?

Women and children who have experienced/witness domestic violence.

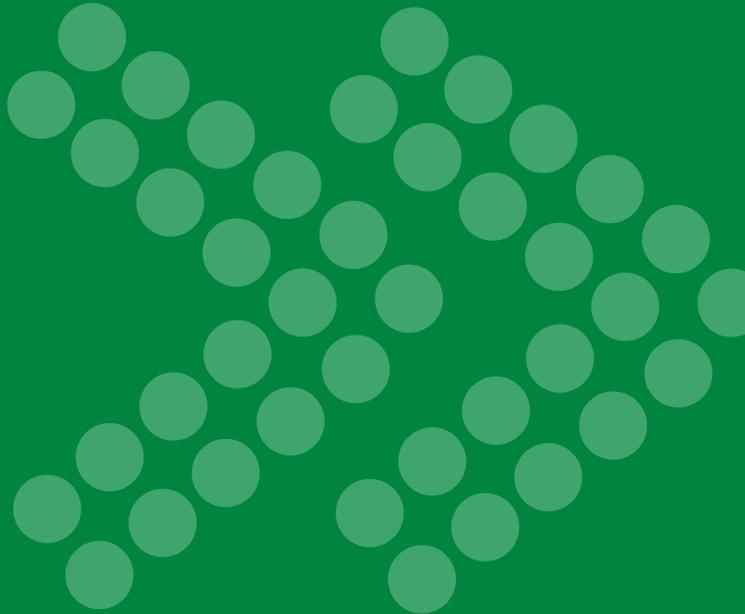
“Trust your instincts as a parent – you know your baby best. If you're worried, trust that feeling and check things out”



“Baby proof EVERYTHING! You’ll be amazed what little hands can get into”



# education & training



# Agape Trust

**Address:** 211A Breezes Road, PO Box 15024, Aranui

**Phone:** 388 5372

**Email:** agapetrust@xtra.co.nz

## What service do you provide?

An Alternative Education school, After school clubs, OSCAR after school care, Holiday programmes, Bush Craft camps, Life skill programmes.

## Who is the service for?

Children and youth aged 5-17.

## Any other information?

We work in with the local school and high schools in our area. Life skill clients come from the high schools. Alternative Education students are referred.

## Which of the following young people do you work with?

Young mums and dads under the age of 17 and their children if they are 5 or above.

# Career Services Rapuara

**Address:** PO Box 4441, Christchurch

**Phone:** 377 0530

**Email:** adavison@careers.govt.nz

**Website:** www.careers.govt.nz

## What service do you provide?

Help everyone to make the best decisions about jobs, training and careers.

## Who is the service for?

All New Zealanders!

## Any other information?

Not only do we have a website with all the information about us but you can also call 0800 222 733.

## Which of the following young people do you work with?

We work with all young people.

“Be realistic about what you can and can not achieve”

# Karanga Mai Young Parents College

**Address:** Robert Coup Road, Kaiapoi

**Location:** Kaiapoi High School

**Phone:** 327 8386

**Email:** [ypc@kaiapoi.school.nz](mailto:ypc@kaiapoi.school.nz)

from the Waimakariri and from all areas of Christchurch other than East and South Christchurch: Linwood – Aranui – Hillmorton (which our sister school – Kimihia – accommodates).

## What service do you provide?

Karanga Mai is a school for teen parents with an attached licensed early childhood centre for their children. We support pregnant teens and young mums and dads to continue their secondary schooling and to gain national qualifications at secondary and tertiary level. Our Early Learning Centre provides quality education and care for our young parents' children on site. This enables the young parents to maintain regular contact with their children and supports them as students and as parents.

## Who is the service for?

Pregnant and parenting teens – mums and dads. Our students should be under 19 on 1 Jan of the year in which they enrol with us. We take students

## Any other information?

We also offer social work support, parenting programmes and career planning, and bring services like Plunket and Work & Income to the school. Karanga Mai is a supportive, whanau-based environment. Transport is available if needed and the College is free to students not eligible for the Training Incentive Allowance. The Early Learning Centre fees are covered by the Childcare Subsidy.

## Which of the following young people do you work with?

Young mums and dads and their children, and young pregnant women. We welcome all family/whanau to visit our school and Early Learning Centre and participate in our whanau-based activities.



“Don't rush pregnancy and don't rush into it”

# Kimihia Learning Centre

**Address:** 521 Ferry Rd

**Phone:** 389 1806 and 389 1807

**Email:** nan.caldwell@

kimihialearningcentre.co.nz

## What service do you provide?

Education and childcare for young parents and their children.

## Who is the service for?

Young mums and dads and their children.

## Any other information?

The Kimihia Parents College is a teen parent unit which offers young parents, or pregnant young women the opportunity to continue their education. Students follow a curriculum which enables them to earn national qualifications.

The Kimihia Early Learning Centre is for the education and care of the students'

children. This enables the parents to study under the best conditions with the least worry for their children.

The College and the Early Learning Centre are both free; transport is provided; and trained and registered teachers are employed in both centres.

## Eligibility

There are two categories of students –

Under 19 yrs at time of enrolment –

Criteria – primary caregiver of child/ren or pregnant.

19+ at time of enrolment and in receipt of a WINZ benefit.

Criteria – primary caregiver of child/ren or pregnant.

## Which of the following young people do you work with?

Young mothers, fathers and their children.



# The Salvation Army Employment Plus

**Address:** Level 2, Science Alive Building,  
Moorhouse Ave, Christchurch

**Phone:** 379 4736

**Email:** christchurch@  
eplus-salvationarmy.org.nz

**Website:** www.eplus-salvationarmy.org.nz

## What service do you provide?

Education and training towards employment.

## Who is the service for?

16-17 yr olds with no or low qualifications and over 18 year olds that are registered with Work and Income and have low qualifications.

## Any other information?

Career Planning – identifying interests and goals

Job Search

Driver Licence assistance – learner to restricted

Work experience

Literacy and numeracy tuition – overcoming problems with mathematics and improving written and spoken English

NZQA units and National Certificates – we are nationally registered and accredited

We offer training in the areas of computing, graphics business administration, building trades, electrical and electronics, retail and customer service, careers in the health industries, security officer training, adventure based learning and life skills and environmental awareness (Pest Control industry).

## Which of the following young people do you work with?

We work with any person who is eligible for our programmes and are working towards further education or work.

# YMCA Education Centre

**Address:** Springfield Rd, St Albans

**Phone:** 377 2174

**Email:** training@ymcachch.org.nz

## What service do you provide?

M.A.P.S – Mothers and Preschoolers  
FREE COURSE.

MAPS is designed to give you literacy and numeracy skills which will assist you in parenting positively. MAPS will help build your self-esteem and confidence

while creating opportunities for you and your child in a safe and supporting environment.

## Any other information?

MAPS also offering cooking, budgeting, team work, health, child care skills...

## Which of the following young people do you work with?

Mothers and children under 5.

# Y-DOT. Youth Development and Opportunities Trust

**Address:** PO Box 243 Rangiora

**Phone:** 027 229 1126

**Email:** d.stevens@xtra.co.nz

## What service do you provide?

Training towards employment, opportunity to gain Drivers Licence, First Aid Certificate, NZQA units.

Industry qualified Tutors with large and well equipped workshop

Courses in:

Carpentry and Related Trades

- Practical construction projects covering all aspects of the Building

Trade using carpentry power tools and equipment

Automotive Engineering and Welding

- Practical and worthwhile learning projects such as Car and Motorbike repairs, design and build a trailer, welding and spray painting

## Who is the service for?

15-18 year olds with an interest in Building, Automotive Engineering, Welding or related trades who qualify for Tertiary Education Commission requirements.

“If you’re giving birth at Burwood, take your own soft toiletpaper! Theirs sucks”



# Woolston Development Project Inc

**Address:** PO Box 19-793 Woolston

**Phone:** 389 4448

**Email:** wdp@woosh.co.nz

## What service do you provide?

Family Support Service, After School care in Woolston & Bromley areas, Holiday activities in Woolston, Volunteer training programme, hire Top Team gear, Weekly Women's group.

## Who is the service for?

**Family Support Service:** for families within the Hagley/Ferrymead ward boundaries with children from birth to Year 8 at school. Contact Bev Adams, Family Support Worker, 389 4448. This is a free service.

**After School Programme (Woolston):** New Entrants to Year 7. Monday to Fridays 3-5pm. \$7 per child per day, OSCAR subsidy available. Contact Bev or Lisa 389 4448.

**After School Programme (Bromley):** New Entrants to Year 6. Monday – Fridays 3-5pm. \$6 per child per day, OSCAR subsidy available. Contact Gerardine after 3pm 389 1657.

**Holiday Activities:** for new entrants to Year 8 children. Tuesday & Thursdays during school holidays. \$8 per child per day with community services card otherwise \$15 per day. OSCAR Subsidy available. Contact Bev 389 4448.

**Women's Group:** open to all women within Hagley/Ferrymead ward boundary area. Meets Wednesday mornings during school term for social/recreation activities. Cost ranges between \$3 - \$8 depending on activity. Alternate weeks is a trip out with bus transport provided. Contact Lisa 389 4448.

**Volunteer training Programme:** for high school students interested in working with children. Provides work experience at After School Programmes and Holiday Activities and relevant training. Contact Lisa 389 4448.

**Top Team Hire:** provides equipment for team events/games e.g 6-person grass skiis. Contact Lisa 389 4448.

## Which of the following young people do you work with?

The Family Support Service is able to work with all people depending on the clients individual requirements.



“ASK about postnatal depression. It's a real thing and you and your friends/whanau need to be aware of it”

# YWCA Women

**Address:** 260 Cashel St, Christchurch

**Phone:** 379 7598

**Email:** christchurch@ywca.org.nz

**Website:** www.ywca.org.nz/christchurch

## What service do you provide?

YWCA Women's and Families Day and Night Shelter.

285 Hereford Street PO Box 22051 Christchurch.

Ph. 365 8720 or Ph/Fax 379 7598

Emergency Day and Night Shelter for women with and without children. Age range: 16 years and over. No male children over the age of 12 years.

Charges: women \$15 per night, children vary with age. Office hours 10am-1pm, 7 days per week and 4pm-6pm also weekdays. No bookings. Staff available in emergencies: 7 days, 24 hours.

Fashion Apparel & Related Industry Skills

Free entitlement for training for jobs in the clothing industry for both women and men. (conditions apply).

Education & Training Unit  
260 Cashel Street  
Christchurch

Ph/Fax 379 7598

Contact Leigh Steele, Extension 2

Y's Choice

Young women supported with foundation skills into further education and employment. Continuous entry for young women from 15 years of age. Monday-Friday 9.00am-3.30pm.

Our programme is for young women who have an interest in learning and achieving qualifications which prepare them to obtain and retain employment. Our students work on essential foundation skills including literacy, numeracy, information technology, problem solving, self management, competitive, co-operative and social skills as well as work, study and physical wellness skills which allow for the development of vocational skills and work readiness. Students can also work towards gaining their learner licence.

Education & Training Unit  
260 Cashel Street  
Christchurch

Ph/Fax 379 7598

Contact Leigh Steele, Extension 2





“Arm yourself and your partner/family/friends with as much info as possible”

# Te Ora Hou – Otautahi Inc

**Address:** 77 Windermere Rd, Papanui,  
PO Box 5556, Christchurch

**Phone:** 352 1057 and 352 5889

**Email:** christchurch@teorahou.org.nz

## What service do you provide?

### After school activity programmes/Clubs

These are weekly programmes for girls and boys that emphasize the areas of strengths and resiliency in the young person's life and draws on that resiliency to encourage positive change. Our programmes use personal development, outdoor education, team building, and addressing important and relevant issues. Volunteer workers are responsible for a small group of young people who meet weekly.

- East Boys
- North Girls

### Alternative Education – Te Kaupapa Whakaora (14-16)

Te Kaupapa Whakaora provides educational opportunities and support for “at risk” students who have been removed from mainstream education.

### Whakatu Rangatahi (15-18)

Youthwork support and leadership programme for rangatahi aged 15+ transitioning out of school and into other training. This programme has a strong outdoors and adventure based learning focus.

### 24/7 Youthworkers in Schools

We partner with 24/7 Youthwork and our local schools, Papanui High, Burnside High and Casebrook Intermediate to provide support for rangatahi as they transition through intermediate and into Years 9 & 10. 2x Youthworkers regularly

run in and out of school programmes, school and community based events, 1:1 and small group interventions, whanau visitation, sports coaching and cultural events.

### Youth Justice Programmes (including Youth Development Programme and Supervision with Activity)

These initiatives involve extra youthwork support for rangatahi who are requiring supervision and intervention as a result of involvement in the Youth Justice System.

### Nga Toa programme

This is a weekly programme for the wider community who want to explore issues about life and spirituality in a safe supportive environment.

### Whakapakari

Whakapakari is a leadership and discipleship programme for those young people wanting to explore and develop their leadership skills and to be disciplined.

### Camps

These camps are run during the school holidays.

Camps Include CTC – National Performing arts festival (Wellington)  
Tautoko – National Te Ora Hou Youth Hui (aged 12-18), Maranga Ake National Te Ora Hou Youth Hui (aged 10-12)

### Home Visitation and Whanau Support

Home visitation serves to provide a link between whanau and Rangatahi. Our Kaiawhina support whanau according to their needs around a whole range of issues from budget advice to social events.

## Te Ora Hou – Otautahi Inc continued...

### Youthworker Training/Tipu Ake

Te Ora Hou partners with PRAXIS to deliver the Tipu Ake Certificate in Youthwork. Tipu Ake means to “grow and mature” and is a year long course designed specifically to equip youth workers to understand and work in Maori communities. Other youthworker training opportunities include attending Canterbury Youthworkers Collective, Circle of Courage and 24/7 Youthwork training.

### Community Development Projects (CDPs)

CDPs are an excellent way to meet local community needs and issues while giving Rangatahi and Whanau the opportunity to contribute and partake in a positive way. This serves to foster local identity and ownership of issues and solutions. Examples include Community Days, Murals and Youth Events (Ruckus and Havoc Dance Events)

### Overseas projects

Te Ora Hou seeks to foster development of links with other indigenous groups through cultural exchange. Examples include attending Indigenous Peoples Gatherings and “Project Serves” and supporting our sister organisation in Hawaii, Ke Ola Hou.

### Any other information?

Te Ora Hou is a group of people, mostly Maori, committed to the holistic development of young people, their whanau and communities. We are involved in a wide variety of youth and community development initiatives at a local, regional, national and international level.

### Which of the following young people do you work with?

Our target group is Maori and Polynesian whanau and young people (but not exclusively).



“After having baby there can be pain! Sometime this can last for weeks. If you know about it you can deal with it”

# TE PUNA ORAKA – EARLY YEARS SERVICES

## WHO IS THE SERVICE FOR?

Families with children aged 0-6 years living in Shirley.

## ANY OTHER INFORMATION?

Type of activities – parenting education/information; nutrition courses; music for pre-schoolers; Fale Pacifica Tamariki time; Whanau Ora time.

## WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

All young parents.

**Address:** 69b Briggs Road, Shirley, Christchurch

**Phone:** 985 5691 or text: 027 6551 996

**Email:** [felicite.jardine@earlystart.co.nz](mailto:felicite.jardine@earlystart.co.nz)

## WHAT SERVICE DO YOU PROVIDE?

1. Early intervention referral services for families in Shirley who have children aged 0-6.
2. Activities/courses that will assist parents to improve health and well being outcomes for their pre-school children.

“Take lots of photos, enjoy your kids at all stages”



“Find friends who have already had kids or who are due around the same time as you”

## PEGASUS TOY LIBRARY

**Address:** Parklands Community Centre,

Queenspark Drive

**Phone:** 383 8189

**Email:** pegasustoylibrary@hotmail.com

**Website:** www.pegasustoylibrary.co.nz

### WHAT SERVICE DO YOU PROVIDE?

We have a huge selection of toys for hire to members. Membership fees apply and range from \$15 to \$80 per year.

### WHO IS THE SERVICE FOR?

Anyone with a young family or grandchildren.

### WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

Anyone who would like to borrow toys for children in their care.

## PLUNKET

**Address:** 211 Oxford Tce, PO Box 13403,

Christchurch

**Phone:** 366 0765

**Email:** da15@plunket.org.nz

### WHAT SERVICE DO YOU PROVIDE?

Parenting support and education, Well Child Checks, Car Seat Rental Scheme, telephone support line, Family Centre, Postnatal Adjustment Programme (for help with depression and distress with your new baby). Services may be provided at home or in community based clinics.

### WHO IS THE SERVICE FOR?

Families enrolled with Plunket. Children aged between 2 weeks and 5 years.

### ANY OTHER INFORMATION?

Plunket is able to link you in with other young mothers in your area. Play groups and social opportunities may be set up for this purpose.

### WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

All parents of children aged 2 weeks to 5 years.

## STEPPING STONE TRUST

**Address:** Main office: PO Box 12219

Christchurch

**Phone:** Main Office: 337 6644

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

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

### WHAT SERVICE DO YOU PROVIDE?

Stepping Stone is a mental illness recovery service. We offer residential, respite (crisis, carer support and planned) and a team of community support workers.

### WHO IS THE SERVICE FOR?

We work with people across the age continuum, from 14 to 80 years of age. We have residential and respite services specifically for youth. Our community support workers have weekly contact with teen parents and we have professional staff who have made working with young parents, a focus of their work.

### ANY OTHER INFORMATION?

Check out our website and give us a call if you have any questions.

## THE SALVATION ARMY HOPE CENTRE

**Address:** 32 Lichfield Street

**Phone:** 366 8128

**Email:** [hopecentre.chch@xtra.co.nz](mailto:hopecentre.chch@xtra.co.nz)

### WHAT SERVICE DO YOU PROVIDE?

Advocacy, budgeting, life skills courses, family support, job search, counselling, Mainly Music for preschoolers and parents / caregivers. At this point we do not do parenting courses.

### WHO IS THE SERVICE FOR?

We attempt to meet the needs of people who walk in our door. If we are unable to we will network with other social services in the city to support the family.

### WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

We have men's and women's courses available and childcare where needed.

“Parenting is a lifelong journey. It's important to get on board as soon as possible”

# NANZTOY HIRE

**Address:** Shop 5, 2 Leacroft Street, Bishopdale

**Phone:** 0800 898 699

**Email:** toys@nanztoyhire.co.nz

**Website:** www.nanztoyhire.co.nz

## WHAT SERVICE DO YOU PROVIDE?

Bouncy castle hire for parties and special occasions, toy hire for ages 0-7 years.

## WHO IS THE SERVICE FOR?

Parents, grandparents, anybody wanting to hire toys for a party or any other occasion.

## WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

Anyone who wants to hire bouncy castles or other toys for children aged 0 to 7 years.

# TE PUAWAITANGA KI OTAUTAHI TRUST

**Address:** 153 Gillethorpes Road

PO Box 1688 Hornby

**Phone:** 344 502

**Email:** suzi@omwwl.maori.nz

## WHAT SERVICE DO YOU PROVIDE?

Tamariki Ora Service – Providing information and support for parents and caregivers of Maori babies from 0-5 years of age. Offering health information, support and referral to health, social, education, justice and welfare agencies. Well Child Checks. Outreach Immunisation Service – Maori and other priority groups children aged 0-6 years that are behind on the current immunization schedule. After receiving the referral Maori registered nurse and community worker can offer vaccination in the home.

Child Restraints – Car Seat Programme – Affordable scheme that helps whanau to be safe and access new, appropriate car-seats for tamariki. Offers a low cost "rent to buy" child restraint car seat.

## WHO IS THE SERVICE FOR?

Nutrition and Physical Activity – Diverse range of programmes for all ages to encourage wellness/Rapuaora through physical activity classes and nutritional education. Mama and Pepe swimming; fun, accessible and attainable health and fitness programmes and classes; Tiny Tots Tumble Times.

Well Child Nurses and Kaiwhakapauwai deliver Kaupapa Maori services for all whanau/families who want it.

## OTAUHAHI SOCIAL SERVICES

### WHO IS THE SERVICE FOR?

Whanau, Hapu, Iwi

### WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

All young mums, dads and their children.

### WHAT SERVICE DO YOU PROVIDE?

Home based support for whanau, hapu, iwi in the community.

**Email:** [oss@xttra.co.nz](mailto:oss@xttra.co.nz)

**Phone:** 388 6672

**Address:** 250 Pages Road,  
PO Box 15-009, Aranui, Christchurch

## MANUKA COTTAGE, ADDINGTON COMMUNITY HOUSE

**Address:** 45 Dickens Street, Addington,

Christchurch 8024

**Phone:** Main Cottage line – 338 1613

Family Worker's direct line – 332 9100 or

027 416 2656

Partnership Health Worker – 338 1613 or

021 906 917

**Email:** [manukacottage@paradise.net.nz](mailto:manukacottage@paradise.net.nz)

### WHAT SERVICE DO YOU PROVIDE?

1. A community house that is open Monday to Thursday from 9am till 2pm for tea/coffee and a chat and various group activities. Tuesday is women's only day.
2. A playgroup every Tuesday from 9.30am to 12.00pm
3. A Family and Community Development Worker who provides individual support and advocacy, groups and courses for parents with children aged 0-5 years.

### WHO IS THE SERVICE FOR?

4. A Partnership Community Health Worker who provides support for people to access health care.

### WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

For any parent (mum or dad) or caregiver with a preschool aged child. Parents with children aged 0-5 years living in the Addington, Sydenham and Spreydon areas. Anyone in the Addington and Sydenham areas that is having difficulty accessing healthcare due to medical costs, lack of transport etc.

# EARLY START

**Address:** PO Box 22146,  
132 Manchester Street  
**Phone:** 365 9087  
**Email:** hildewardgrant@earlystart.co.nz

## WHAT SERVICE DO YOU PROVIDE?

A voluntary, free, long-term, intensive, early intervention home visiting service which addresses a variety of needs. The service provided is available to parents for up to 5 years until the enrolled child starts school.

## WHO IS THE SERVICE FOR?

Christchurch families who face challenging life situations and who are parenting children aged 0-5. They need to meet at least two of the 12 Early Start referral criteria which are listed in the Agency Brochure and in the referral forms. Referrals must be accompanied by a signed and dated client consent form.

## ANY OTHER INFORMATION?

"Before Baby And Beyond Young Parents" (Early Start BABY) is specific to young parents under 24 and entry into BABY is early during the ante-natal period.

Early Start is a fully evaluated service and aims to:

- To encourage and support enrolled families to provide their children with a positive and enjoyable childhood experience.
- To equip parents to positively deal with their personal life challenges
- To teach positive parenting skills and to mentor parents to positively manage day to day parenting challenges as they occur.

## WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

All young people with babies!

# FATHER & CHILD TRUST

**Address:** 1-369 Herford Street  
**Phone:** 982 2440  
**Email:** enquiries@fatherandchild.net.nz  
**Website:** www.teendads.org.nz,  
 www.fatherandchild.net.nz

## WHAT SERVICE DO YOU PROVIDE?

For teen dads: Long-term (2-3 years) mentoring and active support/ advocacy with the primary goal of ensuring ongoing involvement of the father with the child.  
 Short-term assistance with pressing issues where needed is also provided. Cooperation with other service providers wishing to adopt an inclusive

## WHO IS THE SERVICE FOR?

approach to teen parent services: joint seminars, courses for young parents etc. Teen dads and teen parent service providers.

## ANY OTHER INFORMATION?

Father & Child is not a youth agency. Teen dads is a programme within services for fathers of other ages.

## WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

Fathers, male partners and their children.

“Success is the best revenge  
 (against people’s judgement)”

## BIRTHRIGHT CHCH INC

### WHAT SERVICE DO YOU PROVIDE?

Support for one parent families;  
 Home visits, activities to break the  
 isolation barriers, an opportunity to  
 meet with other solo parents.

**Address:** 141 Hereford Street,  
 Christchurch  
**Phone:** 366 9456  
**Email:** [birthrightchch@xtra.co.nz](mailto:birthrightchch@xtra.co.nz)

### WHO IS THE SERVICE FOR?

We make referrals to other agencies  
 when necessary;

Anyone who is parenting alone.

### WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

We work with any mums or dads who  
 are parenting alone.

## BARNARDOS CHILD AND FAMILY SERVICES –

### CANTERBURY CONTINUED...

#### PARENTING THROUGH SEPARATION

(a free information programme for  
 parents) – offered to help parents about  
 separation and to help parents help  
 their children through their experience  
 of separation. Please contact Donna  
 on 365 3923.

#### ROLL WITH IT (PARENTING)

Dynamics of Anger, Pump It Up (Building  
 your child’s self esteem) Parent Forum  
 – education programmes that run at  
 various times throughout the year. These  
 group programmes are interactive,  
 delivered in a workshop style and are  
 based in various community locations  
 around Christchurch. Please contact  
 Donna on 365 3923.

#### WHO IS THE SERVICE FOR?

Anyone who wants assistance with any  
 of these areas. The Children’s Contact

#### ANY OTHER INFORMATION?

Service can also be accessed by way of  
 an order under of the Care of Children’s  
 Act 2005. Here the court pays the costs  
 of up to 14 contact visits. Footsteps  
 to Feeling Safe can be accessed for  
 clients through the Family Court under  
 the Domestic Violence Act 1999 if there  
 is a protection order in place. Barnardos  
 also has some funding available to  
 ensure this programme is accessible to  
 all children who have witnessed family  
 violence but do not have a protection  
 order in place.

Family Support Team – a free,  
 confidential, home based support  
 service for families facing difficulty and  
 wanting to make changes in their lives.  
 This service operates right throughout  
 the Canterbury region – from Ashburton  
 and Christchurch through to Hanmer  
 and is free to all families.

# 198 YOUTH HEALTH CENTRE'S YOUNG PARENTS GROUP

**Address:** 198 Herford Street, Christchurch  
**Phone:** 379 4800  
**Email:** diverse.youthworker@ihug.co.nz

## WHAT SERVICE DO YOU PROVIDE?

FREE clinic which does pregnancy testing, pregnancy counselling, referral to midwives, and referral to other services eg Early Start. (As well as all the usual clinical services).

The Young Parents Group is a laid back "coffee group" for pregnant young women and young mums and dads. It's informal and there is a facilitator. People share experiences while the children play. Sometimes we have guest speakers. Sometimes we do activities. We have a safe secure room for the group to use.

## WHO IS THE SERVICE FOR?

Anyone up to the age of 26 who is pregnant or a young parent. Dads are welcome.

## ANY OTHER INFORMATION?

The clinical services are available Mon, Wed, Thurs, Fri 12-6pm and Tues 1-6pm. The Young parents group is on Thursday 11am-12pm. Come to the back door for the parents group.

## WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

Anyone aged 10-25 inclusive.  
Note: We cannot see babies as clients in our medical centre (we only see 10-25 year olds).

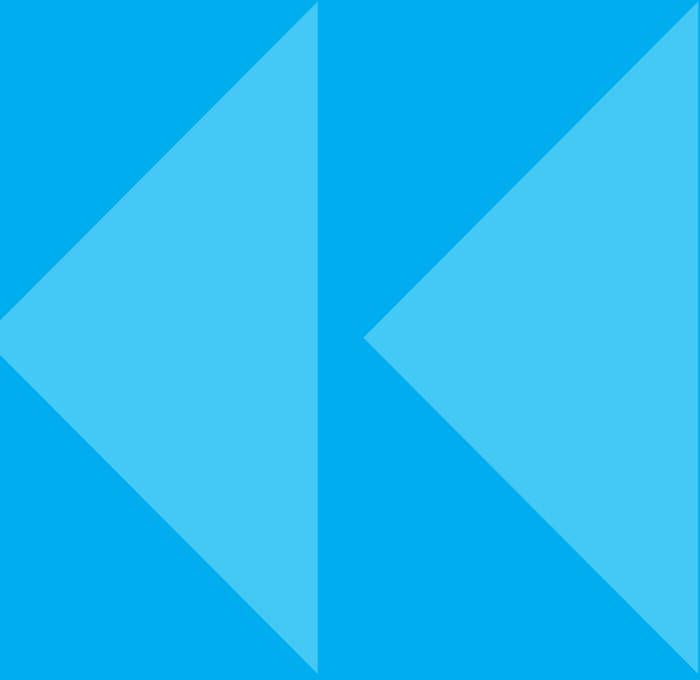
# BARNARDOS CHILD AND FAMILY SERVICES – CANTERBURY

**Address:** 906 Colombo Street, PO Box 13 440, Christchurch  
**Phone:** 365 3923  
**Email:** donna.nelson@barnardos.org.nz  
**Website:** www.barnardos.org.nz

## WHAT SERVICE DO YOU PROVIDE?

Children's Contact Service – enables children to have contact with their non day to day caregiver in a controlled and safe environment. To make a referral or for more information please

ring Caroline Ferguson– Children's Contact Coordinator on 353 2593. Footsteps To Feeling Safe – a special programme to help children and young people aged 5 years upwards work through the effects of being a witness or survivor of domestic violence. To make a referral or for more information please ring the Domestic Violence Co-ordinator for Christchurch and North Canterbury referrals on 353259. Please ring Karen Kelly for Ashburton/Selwyn District referrals on 308 7880.



ONCE BABY ARRIVES

“Get hand and foot prints regularly so you can see how much they’ve grown”



## ST GEORGE'S HOSPITAL

**Address:** 249 Papanui Road, Merivale,

Christchurch

**Phone:** 355 9102

**Email:**

maternity.reception@stgeorges.org.nz

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

### WHAT SERVICE DO YOU PROVIDE?

Ante Natal Breastfeeding classes for pregnant women. This is a one off two hour session for pregnant women best suited to those around 6-9 months pregnant.

We also provide a free maternity service for delivery and a postpartum stay. We have experienced midwives and a lactation consultant

is available to ensure you go home confident in caring for your new baby.

### WHO IS THE SERVICE FOR?

Available to all eligible women free of charge. Those without NZ citizenship/residency are welcome but do have to pay for the service.

### WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

St George's Maternity support all women during their labour and in the postpartum period as they gain confidence with their baby. We also have a domiciliary midwife who visits the mother and baby [who have been unable to find a midwife] in their homes until they are six weeks postpartum.

## WOMEN'S AND CHILDREN'S HEALTH

### WHO IS THE SERVICE FOR?

Women and Children of Canterbury.

### WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

Men and women, while pregnant and after birth. We also have post partum services, Gynaecology, Child Health and Neonatal.

### WHAT SERVICE DO YOU PROVIDE?

Child Health services.

Maternity, Gynaecology Neonatal and

Child Health services.

### WHAT SERVICE DO YOU PROVIDE?

**Address:** 2 Riccarton Ave Christchurch

**Phone:** 364 4309

**Website:** Canterbury District Health

Board [www.cdhb.govt.nz](http://www.cdhb.govt.nz)

“Baby proof EVERYTHING! You'll be amazed what little hands can get into”

## LINCOLN MATERNITY HOSPITAL

**Address:** James Street, Lincoln  
**Phone:** 325 2802  
**Email:** [aatkins@cdbh.govt.nz](mailto:aatkins@cdbh.govt.nz)

### WHAT SERVICE DO YOU PROVIDE?

Lincoln is a facility providing labour and postnatal care. We also offer Pregnancy and Parenting Classes for prospective parents. These classes are two hours and run for six weeks. Selwyn Breastfeeding Support Group also run classes on the first Wednesday of each month at 10am in our education room. The group provides support and

### WHO IS THE SERVICE FOR?

Information for breast feeding mothers or those intending to breast feed.

All women of Canterbury

### WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

Young mums, dads and children are welcome to come to our classes, the birthing unit is specific to those who are about to give birth or having postnatal care.

### WHO IS THE SERVICE FOR?

Pregnant women. Women who wish to birth here or transfer here from Christchurch Women's Hospital for postnatal care. Convalescent Care for post surgical patients or local GPs patients requiring care.

### WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

Pregnant women and women and their partners who wish to birth at Rangiora hospital. Convalescent Care – Male and Female.

### WHAT SERVICE DO YOU PROVIDE?

Pregnancy tests, pregnancy and parenting courses, Community Midwifery Service, 7 Bed Maternity and Rooms, 4 General Convalescent Beds.

**Address:** 161 Ashley St, Rangiora

**Phone:** 313 7299

**Email:** [suzanne.saiton@cdbh.govt.nz](mailto:suzanne.saiton@cdbh.govt.nz)

**Website:** [www.cdbh.govt.nz](http://www.cdbh.govt.nz)

## RANGIORA MATERNITY AND GENERAL CONVALESCENT UNIT

**5 Assessment beds in Birthing Suite**

We have five assessment beds on birthing suite for women who have come in with the advice of their midwife for a check up. This may be for a variety of reasons, for example, raised blood pressure, bleeding or if the baby is not moving as much as usual. Input from the medical team may be needed and a plan of care to follow up made or admission to the maternity ward may be required. Women requiring induction of labour (if they are overdue) are also seen here.

**3 Recovery beds in Birthing Suite and**

**2 Theatres in Birthing Suite**

We have three beds in recovery for women following a caesarean section. Caesarean sections are carried out in our theatres with birthing suite and then mums and babies are transferred to this area for a short time for observation before transferring to the maternity ward.

**2 Acute Observation beds in Birthing Suite**

We use this area for sick women who require close observation following the birth of their baby.

**5 Theatres in Day Surgery**

These are used for women requiring surgery for gynaecological issues.

**Clinics**

Clinics provide an important service within the hospital. You may be referred to an antenatal clinic for input by the medical team if there are concerns for you or your baby. Women with complex medical conditions may be seen in the clinic by the medical team in partnership with the midwife throughout her pregnancy.

We also provide Antenatal classes and Breast feeding classes for teenage parents.

Youth talk antenatal is held at the

Waipuna Trust in Avonside. There are six sessions in a course run by Midwives with visiting health workers covering relevant areas of interest. These are aimed at preparation for labour, birth and the transition to parenthood and skills for caring for a new baby. Fathers/other whanau/support people are encouraged to attend classes. These classes are free and food and drinks are provided.

Bookings can be made by phoning

Waipuna on 386 2159.

Your midwife will provide all of your care antenatally and will refer as required to for example the medical team if there are any concerns with you or your baby as your pregnancy goes on.

Post natal education is not provided by the hospital but there are community support groups to provide advice on for example breastfeeding and development of your baby your midwife or child health provider will be able to let you know where these are.

**Allied Health**

Christchurch Women's Hospital has a range of allied health services including social workers/counsellors, physiotherapists, dieticians, occupational therapist, Maori Health Worker. Your midwife/GP/ Obstetrician/other health professional can refer you to these services. The aim of allied health is to work with you/your family/whanau, and the other health professionals involved to ensure the best outcomes for you and your baby.

# BURWOOD BIRTHING SERVICES

Women's Hospital, Childbirth Education classes, Swimming in Pregnancy.

## WHO IS THE SERVICE FOR?

Pregnant women of Christchurch.

## WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

Any woman who is pregnant.

**Address:** Burwood Hospital, Private Bag 4708, Christchurch

**Phone:** 383 6844

**Email:** linda.jacobs@cdbh.govt.nz

## WHAT SERVICE DO YOU PROVIDE?

Free pregnancy tests. Pregnancy advice. A primary unit facility for normal births and water births, a postnatal facility following birth at Christchurch

# CHRISTCHURCH WOMEN'S HOSPITAL

women both before and after birth.

Women may be admitted to the ward antenatally if they require close monitoring, for example high blood pressure. Women are also transferred to the maternity ward following birth if they don't transfer to the primary units or home. The ward also provides input as required by our lactation consultants for breastfeeding issues, physiotherapy, dieticians, social workers and Maori health workers.

## 15 Birthing beds

We have 15 rooms for birthing at our hospital. Two of these have birthing pool for women wanting to labour and birth in water. Care during labour and birth is provided by your midwife or a midwife employed by the hospital. After birth and if mum and baby are well they have the choice to transfer home where care continues with the midwife visiting at home, or transferring to one of the primary units.

## 45 Maternity beds (antenatal and postnatal)

This ward provides midwifery care for

## 37 Neonatal beds

Providing intensive care for premature babies and sick babies requiring care following birth. The hospital also takes babies from other areas of the South Island as required to give care if their needs are complex.

## 33 Gynaecological beds

The New Christchurch Women's Hospital includes:  
Christchurch Women's Hospital is a new building which opened in 2005 with a birth rate of approx. 6000 per year.

## WHAT SERVICE DO YOU PROVIDE?

**Address:** 2 Riccarton Avenue, Private Bag, 4711, Christchurch, 8140

**Phone:** 364 4699



# LABOUR & BIRTH



“Make sure you enjoy your children because they grow up so fast!”

# ST JOHN OF GOD WAIPUNA

**Address:** 349 Woodham Road, Avonside  
**Phone:** 386 2159  
**Email:** waipunna@sjog.org.nz  
**Website:** www.sjog.org.nz

## WHAT SERVICE DO YOU PROVIDE?

A safe, home based, friendly, welcoming support service for parents under 25, parents-to-be and young families. Waipunna has social workers and runs groups for young parents. This gives youth an opportunity to learn while meeting new friends, doing courses such as Parenting Skills, Life Skills, Cooking and Crafts. One of the best things about this service is the opportunity to meet other young parents and families.

## ANY OTHER INFORMATION?

Any young parents or parents-to-be who want to get out and connect with other young parents. Childcare and transport is provided.

## WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

Young pregnant or parenting mums and dads.

## WHO IS THE SERVICE FOR?

Waipunna conveniently has a range of other services at the same site: a Pacific Teen Parents Service, Maori and Pacific Counselling, a Youth Drug and Alcohol Counsellor and an Adventure Therapy team.

# YOUNG PARENTS BREASTFEEDING GROUP – WHANGAI U “MATUA PUHOU”

**Address:** Early Start, Level 1, 134 Manchester St

**Phone:** Susan on 981 6028

**Email:** howlesue@paradise.net.nz

## WHAT SERVICE DO YOU PROVIDE?

- antenatal breastfeeding education – visual learning from successfully breastfeeding teen Mums
- postnatal support, and information
- First and third Tuesday of each month at the Early Years Shirley Hub, 69B Briggs Rd.

## WHO IS THE SERVICE FOR?

Parents up to 24 years.

## ANY OTHER INFORMATION?

- Second and fourth Tuesday of each month from 10am-11:30am, Early Start, 134 Manchester Street
- Flyers available from the Early Start website:  
[www.earlystart.co.nz/pdf/breastfeeding.pdf](http://www.earlystart.co.nz/pdf/breastfeeding.pdf)

# MOTHER AND PEPI

**Address:** 349 Woodham Road, Eastgate, Christchurch  
**Phone:** 381 8006  
**Email:** junes@wtc.org.nz

## WHAT SERVICE DO YOU PROVIDE?

Support Services for Mother and Pepl.

## WHO IS THE SERVICE FOR?

Mothers from pregnancy until baby is two years old.

## ANY OTHER INFORMATION?

Mother and Pepl is contracted to Nga Maata Waka through our local District Health Board and is a service designed to target Maori and all other ethnicities

that require maternity support services during a specific period of time. Mother and Pepl support services include, but are not limited to, clinical health services (available Midwife) and social services/referral services that progress the health and well-being of our expectant mums and their babies.

## WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

All age groups from young Mothers to grandparents who are looking after their 0-2yr old grandchildren. We work with Mothers from conception until baby is two years old and Fathers/caregivers until baby is two years old.

# RACHEL'S HOUSE

**Address:** c/o 82 Brady's Rd, North Loburn  
**Phone:** 027 207 0107 or 0800 746 873  
**Email:** rachelshousearrang@hotmial.com

## WHAT SERVICE DO YOU PROVIDE?

Practical help with getting items together for babies, Mums and homes. Accommodation, Counselling and support to talk with family. Information about education and career options. Court support. Drug and alcohol intervention. Parenting education. Life skill education. Assistance with government and community agencies.

## ANY OTHER INFORMATION?

Our geographic area covers all of New Zealand, however if referrals come from Christchurch we refer back to agencies based there first.

## WHO IS THE SERVICE FOR?

Teen Mums and Dads.

## WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

We work with all teen mums and dads.

"Parenting is not as easy as it looks. You can ask for help, there are great places out there"

# Are you pregnant or breastfeeding?

*Everyone is welcome at La Leche League—pregnant women and mums, their babies and toddlers, whānau, and support people.*

At La Leche League, you'll find out about the basics of breastfeeding and much, much more:

- How your milk offers lifetime benefits to your baby
- How to prepare for breastfeeding before the baby comes
- How to position your baby at the breast so you can avoid sore nipples
- How to be sure your baby is getting enough to eat
- How to combine breastfeeding and working
- How to find time for yourself while meeting your baby's needs
- How to find the support you need so you can enjoy breastfeeding and parenting
- How to give your baby the best start in life

## meetings held throughout Christchurch

meet other breastfeeding mums to talk about everything from starting breastfeeding to weaning and more. Call & a class, call & a class, call & a coffee morning – it's a little bit of both!

**Christchurch South** - 7.30pm on the 3rd Monday of the month at the Purford Rooms, 59 Constance Road, Hantsbury. Contact Isabel 942 2937.

**Christchurch East** - 10am on the 4th Wednesday of the month at Fitzgibbon Community Centre, 39A Nursery Road. Contact Julie 337 5402.

**Christchurch West** - 10am on the 2nd Monday of the month at Avoca Hill Art & Craft Centre, 365 Memorial Ave, Burnside. Contact Linda 980 7977.

**Christchurch North** - 10am on the 3rd Wednesday of the month at Paparua Purford Rooms, 24 Bellevue Avenue, Paparua. Contact Alex 354 0268.

**Rangiora** - 10am on the 2nd Tuesday of the month at Rangiora Purford Rooms, Albert St, Rangiora. Contact Shamilla 312 9216.

Please note: Meetings are held on the date stated, except during public or school holidays.



# “Get ideas on parenting from other people who you trust”

**WHAT SERVICE DO YOU PROVIDE?**

For teen dads: Long-term (2-3 years) mentoring and active support/advocacy with the primary goal of ensuring ongoing involvement of the father with the child.

Short-term assistance with pressing issues where needed is also provided. Cooperation with other service providers wishing to adopt an inclusive

**Address:** 1-369 Hereford Street  
**Phone:** 982 2440  
**Email:** enquiries@fatherandchild.net.nz  
**Website:** www.teendads.org.nz  
 www.fatherandchild.net.nz

## FATHER & CHILD TRUST

**ANY OTHER INFORMATION?**

Father & Child is not a youth agency. Teen dads is a programme within services for fathers of other ages.

**WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?**

Fathers, male partners and their children.

**WHO IS THE SERVICE FOR?**

Teen dads and teen parent service providers.

**ANY OTHER INFORMATION?**

approach to teen parent services: joint seminars, courses for young parents etc.

## CHRISTCHURCH PARENTS CENTRE

**WHAT SERVICE DO YOU PROVIDE?**

Antenatal & parent Education. Music & Movement for Children. Parents pre-birth and parents of children 0-4 years.

**Address:** PO Box 21118 Edgware, Shirley Community Centre corner Shirley Road & Slater Street  
**Phone:** 385 4640  
**Email:** chch.parentscentre@xtra.co.nz  
**Website:** www.parentscentre.org.nz

**ANY OTHER INFORMATION?**

Our mission statement is: “Positive birth experiences and informed parenting in a community where parents are supported and highly valued in their role”.

**WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?**

Pregnant women and their families and parents of children 0-4 years old.



BEING PREGNANT

## SO YOU'RE HAVING A BABY... WHAT CAN A MIDWIFE DO FOR YOU?

The Midwifery Resource Centre is another option available to you. This is run by volunteer midwives who are there to answer questions, do free pregnancy tests and give out information on finding a midwife who is suitable for you. There is also a free library or pregnancy and birth books and videos which you are welcome to use. You can ring and leave a message anytime, or call Monday to Friday between 12-2pm to talk to a midwife. The Midwifery Resource Centre is at 376 Manchester St, phone: 03 365 2789.

### USEFUL THINGS TO KNOW:

It's good to ask your midwife how many women they look after. The College of Midwives recommends 5-6 women a month, maximum. Ask your midwife if they are able to visit you at home, or if they need you to see them at a clinic. You can choose a midwife based on this, if transport is an issue for you. Midwives need to be available to you 24/7 for emergencies. If your midwife is not available, you need to know who your back up midwife is, and have their contact details on hand. There are a whole range of things your midwife can do for you. Questions such as what will your midwife do if there are complications during birth, will they stay with you, what you want to do with the whenua/placenta are all worth discussing ahead of time. For this and a whole range of other information, have a look at [www.midwife.org](http://www.midwife.org)

In New Zealand when someone is pregnant they are usually looked after by a midwife. A midwife is a person who gives you care, support and advice during your pregnancy, birth and afterwards (postnatally) for up to 6 weeks. Your midwife can do all the health checks on you and your baby, as well as talk to you about your options for where to give birth, let you know what labour might be like and refer you to a specialist pregnancy doctor (obstetrician) if the need arises. All care by midwives is free.

### SO WHERE DO I FIND ONE?

It can be hard trying to find a midwife, particularly if you are just given a long list by your doctor, or you look in the yellow pages and see lots of names. It is really important to find a midwife who suits you, no matter how far along you are in your pregnancy. If you do not like the midwife you have, you are welcome to change – remember, even though you don't have to pay the midwife, you are still hiring them to provide a service and meet your needs. Ask your friends who have had babies, or know someone who has, who they can recommend. You can ring anyone on the list from your doctor or the yellow pages and ask them some questions, decide that they are not the midwife for you. Midwives meet people all the time, so don't feel shy or embarrassed about this process.

“Don't rush infancy and childhood – you'll miss the great stuff!”

# 198 YOUTH HEALTH CENTRE

Address: 198 Hereford Street

Phone: 379 4800

Email: [ythhlt@ihug.co.nz](mailto:ythhlt@ihug.co.nz)

## WHAT SERVICE DO YOU PROVIDE?

FREE doctors and nurses (primary health care) and mental health services to young people aged between 10 and 25 years. A Youth Worker is also available to assist and advocate for clients.

## WHO IS THE SERVICE FOR?

10 to 25 year old people of Christchurch.

## ANY OTHER INFORMATION?

A young parents group operates from the Centre currently from 11am until noon on Thursdays.

## WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

Anyone aged between 10 and 25 years.



“If your family isn't on board, don't be afraid to ask for help elsewhere. It is important not to do this alone. Waipuna, Karanga Mai, Kimihia, Young Parents Groups are amazing for support, friendship and information”

## YOUTH & CULTURAL DEVELOPMENT SOC INC

### WHAT SERVICE DO YOU PROVIDE?

YCD provides Youth Justice services to Young People who are at risk of, or who are offending. An additional service is the Street Youth Work project which works with under-age sex workers. YCD offers two life skills courses, support to complete Youth Justice orders/plans, and court, advocacy and development skills. We host a sexual health clinic for Young People age up to 18 years.

### WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

We will work with Young People that are referred to YCD and those who request assistance regardless of their age or stage of parenting.

### ANY OTHER INFORMATION?

We work with Young People who are struggling with choices and getting involved in negative behaviours, sometimes as a reaction to adult role modelling. Most are Young offenders. Underage sex workers are offered support and are encouraged to develop safe practice while finding alternative options.

### WHO IS THE SERVICE FOR?

Young People from 14 to 20 years, 25 if deemed vulnerable.

**Address:** 212 Cashel Street through

to 23 Bedford Row Christchurch

**Phone:** 366 0866

**Email:** [yccd@ycd.co.nz](mailto:yccd@ycd.co.nz)

**Website:** [www.ycd.co.nz](http://www.ycd.co.nz)

## WOMEN'S HEALTH INFORMATION CENTRE

### WHAT SERVICE DO YOU PROVIDE?

Our services are free and include: condoms, pregnancy testing service, health information (both alternative and conventional), referrals, website [www.womenshealthinfo.co.nz](http://www.womenshealthinfo.co.nz) and health talks.

### WHO IS THE SERVICE FOR?

All women (however we are not a

### ANY OTHER INFORMATION?

A women does not have to come into the service to access what she needs i.e. pregnancy tests and condoms can be posted out free of charge.

### WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

Are happy to work with all these groups however we tend to work mostly with women.  
Not pregnant, Pregnant, Parents, Fathers, Male partners.

**Address:** 2nd Floor, 115 Cashel Mall,

Entrance next to Whitcoulls

**Phone:** 379 6970 or 0800 379 970

or text 027 379 6971

**Email:** [whic@womenshealthinfo.co.nz](mailto:whic@womenshealthinfo.co.nz)

**Website:** [www.womenshealthinfo.co.nz](http://www.womenshealthinfo.co.nz)

women only space and therefore some men use the service).

# UNION AND COMMUNITY HEALTH CENTRES

## ANY OTHER INFORMATION?

Free counsellor, free assistance from community health workers.

## WHICH OF THE FOLLOWING YOUNG

### PEOPLE DO YOU WORK WITH?

We work with everyone, although midwives usually work with pregnant women from the second trimester onwards.

## WHAT SERVICE DO YOU PROVIDE?

**Address:** 413 Cashel St and 201 Linwood Ave  
**Phone:** 381 3522 and 381 8048

## WHO IS THE SERVICE FOR?

Free health care to anyone under 18 years. \$10 if you are over 18 yrs old. Low income families or individuals.

# PREGNANCY HELP INC. CANTERBURY

## ANY OTHER INFORMATION?

Appointments are not necessary and visits are confidential. Off street parking is available.

Although our agency employs some staff, the bulk of our services are provided by trained volunteers.

All our services are based on the following principles:-

non-judgemental, non-directional, non-denominational

In practical terms this means that our clients will be treated in a respectful and supportive way, will be provided with a range of information to enable them to make the best decision based on their own particular circumstances and then (if they request it) supported through that decision.

Please note that we do not provide a counselling service, however, we have contact details for a wide range of free and user pays counselling services available in Christchurch.

## WHAT SERVICE DO YOU PROVIDE?

We provide help in a crisis situation until other assistance can be organised. We provide a Drop in Centre for mothers who need a place where they can come to feed and change their babies, talk through their issues, obtain information or just have a rest and refreshment. This is a unique service to Christchurch where we offer a telephone help line: pregnancy testing; advocacy; field work support; childcare; friendship and support; maternity and baby clothing; equipment to care for baby; nappies in emergencies; information and referral service. All our services are free.

## WHO IS THE SERVICE FOR?

Pregnant and recently pregnant women, caregivers and their families.

## THE ADOPTION OPTION TRUST

would find the DVD helpful in explaining how adoption works.

### ANY OTHER INFORMATION?

Other information can be found on our website.

### WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

There is information for mothers and fathers on our DVD and website. The DVD may be used in school sex education sessions.

Women in a crisis pregnancy situation

### WHO IS THE SERVICE FOR?

We have produced a DVD which explains how adoption works in New Zealand today. It has real life stories from people who have experience of adoption.

### WHAT SERVICE DO YOU PROVIDE?

**Address:** PO Box 95 Christchurch  
**Email:** [info@adoptionoption.org.nz](mailto:info@adoptionoption.org.nz)  
**Website:** [www.adoptionoption.org.nz](http://www.adoptionoption.org.nz)

## LYNDHURST DAY HOSPITAL

Appointments for pre-decision counselling can be made by directly phoning 379 0213.

Appointments to see one of the operating doctors requires a referral from a General Practitioner, the Family Planning Clinic or 198 Youth Health Centre.

### WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

We work with young women and the support persons that she chooses, which may be the partner of the pregnancy; the parent/parents of the young woman, or somebody that she trusts.

We work with any woman that is requesting termination of pregnancy.

### WHAT SERVICE DO YOU PROVIDE?

Lyndhurst Day hospital is the licensed provider of first trimester termination of pregnancy.

We provide a pre and post operative counselling service, without prejudice to assist girls/women in making the decision that is best for them, a decision they are comfortable with.

### WHO IS THE SERVICE FOR?

Girls/women from Canterbury, Southland and the West Coast of the South Island.

Our service is free for everybody that is eligible for NZ health care.

### ANY OTHER INFORMATION?

**Address:** 440 Montreal Street, Christchurch  
**Phone:** 379 0213

## PREGNANCY COUNSELLING SERVICE

### WHO IS THE SERVICE FOR?

All pregnant women.

### ANY OTHER INFORMATION?

Assistance with adoption, and post-abortion counselling is also offered.

### WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

We will answer any questions related to pregnancy, but we primarily work with women.

### WHAT SERVICE DO YOU PROVIDE?

Emotional and practical support; arrangements for free pregnancy testing; counselling that allows anonymity; face-to-face, individual or family counselling; assistance in accessing solutions to accommodation, education, legal advice, medical care, baby and maternity gear; help in evaluating keeping the baby, adoption and abortion.

**Address:** PO Box 4278, Christchurch

**Phone:** 338 3057

**Website:** [www.pcs-canty.co.nz](http://www.pcs-canty.co.nz)

## ADOPTIONS SERVICE, CHILD, YOUTH AND FAMILY

### WHAT SERVICE DO YOU PROVIDE?

We provide advice and services on adoption both within New Zealand and from other countries. This includes counselling birthparents, preparing those wanting to become adoptive parents, approving the placement of children for adoption and reporting to the court. We also provide some services after adoption is complete, as well as services

**Address:** Level 2 Torrens House,  
195 Hereford Street, Christchurch  
**Phone:** 961 6120  
**Email:** [webadoption@cyf.govt.nz](mailto:webadoption@cyf.govt.nz)  
**Website:** [www.cyf.govt.nz](http://www.cyf.govt.nz)

### WHO IS THE SERVICE FOR?

to adult adopted people, birth parents and adoptive parents under the Adult Information Act.

### WHICH OF THE FOLLOWING YOUNG PEOPLE DO YOU WORK WITH?

Birthparents and birth family, those people wanting to adopt, adoptive parents, adoptive siblings, young people, adults who have been adopted. Any other person who wants advice regarding adoption.

“Ask your friends to help! They know stuff and trusted friends can make good babysitters”

## FAMILY LIFE PREGNANCY CENTRE

### WHICH OF THE FOLLOWING YOUNG

#### PEOPLE DO YOU WORK WITH?

We work in with whoever is supporting the woman, partner, family etc. However, we are there first and foremost for the woman!

We mainly support them from conception through to delivery, but have practically helped some of them and their children through to 1-2 years. We don't normally work with fathers and male partners unless they are seeking information for themselves.

Address: 88 Idrls Rd

Phone: 351 3227

Email: [pregcentrech@xtra.co.nz](mailto:pregcentrech@xtra.co.nz)

Website:

[www.pregnantandworried.org.nz](http://www.pregnantandworried.org.nz)

### WHAT SERVICE DO YOU PROVIDE?

Pregnancy testing, consultation about choices/options, practical help with baby clothing/gear etc. Help assist parents towards becoming independent i.e. accessing housing, etc.

### WHO IS THE SERVICE FOR?

Any women from teen to pre menopausal.

## FAMILY PLANNING

Address: 9 Washington Way

Phone: 379 0514 Fax: 365 5757

### WHAT SERVICE DO YOU PROVIDE?

Free sexual and reproductive health. Contraception, cervical smear tests, screening for sexually transmissible infections and more.

### WHICH OF THE FOLLOWING YOUNG

#### PEOPLE DO YOU WORK WITH?

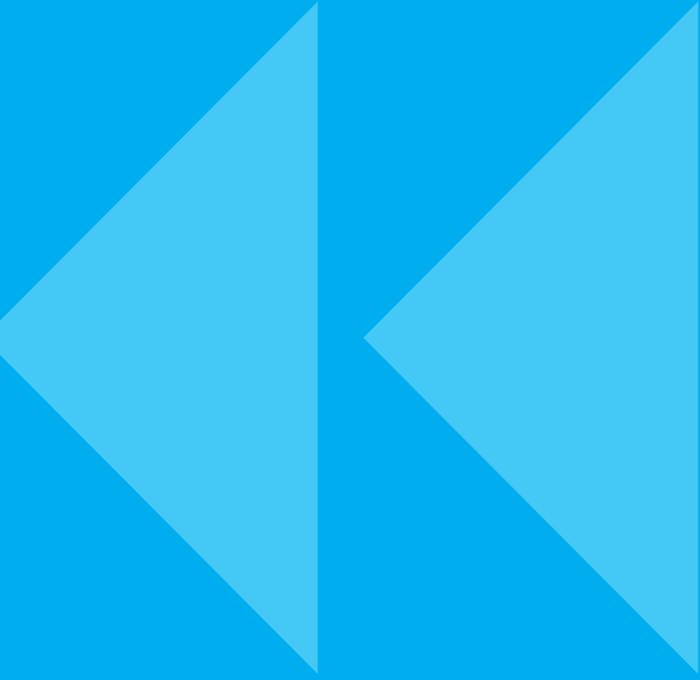
We work with all young people but we do not provide antenatal care.

### WHO IS THE SERVICE FOR?

Everyone!

"Don't sweat the small stuff, that's life!"





SO SHE THINKS SHE MIGHT  
BE PREGNANT

## introduction:

### who is this directory for?

This booklet has been created for young mums and dads in Christchurch, with a significant amount of input from other young parents and parents-to-be. The photos are all of young mums, dads and their children from the Christchurch area, and all the tips were written by Christchurch's young parents for other young people in similar situations. Whanau, friends and supporters of young mums and dads, this directory will be useful to you too!

We have made this directory as a result of conversations with young mums and dads who wished that they had more information about parenting before they got pregnant and while they were pregnant. The information has been broken up into categories, to make it easier to access the bits that will be useful to you.

We have a commitment to young mums and dads, because both parents can contribute so much to the lives of children. This is why the directory is broken into mum-specific information, dad-specific and neutral areas which are relevant to everyone.

Young mums and dads, teachers, parents of teen parents, midwives, social workers, health professionals, community workers and more have all contributed to the information which is in this directory. It covers areas from health to budgeting, legal advice to schools for young parents, contraception to where to give birth. We understand that we have not covered everything that you might want to know, but hope that you can find something useful in here.

If you are a young mum or dad, or parent-to-be, congratulations! All the best as you start out on the most important job in the world, raising a beautiful, happy, healthy little person.

Joanne Hope,

Teen Parent Co-ordinator of Christchurch,  
St John of God Waiapuana



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web-based directory available at [www.sjog.org.nz](http://www.sjog.org.nz)  
and [www.thepulse.org.nz](http://www.thepulse.org.nz)

[waipuna@sjog.org.nz](mailto:waipuna@sjog.org.nz)

027 200 4657

386 2159 ext 710

Teen Parent Service Co-ordinator for Christchurch

For questions and suggestions please contact:

and lots of young mums and dads.)

(With thanks to Simon Garner designer, Rebecca Hindin-Miller

and Christchurch City Council.

This resource was produced by St John of God Waipuna

Waiwānana  
St John of God



HELPING TEEN MUMS AND DADS  
MAKE POSITIVE CHOICES

# FUTURES

BABY ON THE WAY?

YOUNG DAD?