

Support Services

All right parenting www.allright.org.nz/parents

Altogether Autism is a service which offers specialised information and support around ASD. gtrcanterbury@parent2parent.org.nz

Aviva

Aviva is a Canterbury-wide, specialist family violence and sexual violence agency. We offer an extensive range of support services and programmes for people of any age (children, youth, and adults), any gender, sexuality, or experience of violence; to become safe and begin a journey toward a fulfilling, violence-free life.

Freephone: 0800 28 48 26

Email: enquiries@aviva.org.nz

Barnardos

LEAP - work with families whose vulnerability arises from their challenges with one or more of the following: family violence, alcohol and drug use, child health or disability, emotional abuse or neglect, risk or actual statutory involvement, parental mental health issues- for more information

Ph: **0800 Barnardos (0800227627)**

SHE (Support, Heal, Empower)

Dedicated to supporting families to live violence free.

Our goal is to empower women to create a safe and healthy family life for themselves and their children, free of family violence.

24/7 Crisis and Support Line: **0800 REFUGE** www.she.org.nz

Ph: **03 332 4122** office@she.org.nz

Budgeting Services North Canterbury

A free and confidential financial mentoring and budgeting advice service to individuals and families in the Waimakariri and Hurunui
Ph: 03 313 3505

Email: servicemanager@bsnc.org.nz

CCS Disability Action, North Canterbury

Support & Advocacy for people & their families

Ph: Sandra Black 0273687525 and Jes Kircher 0272779857

Comcare Trust North Canterbury

Offer strengths-based recovery focused supports for people with mental illness and/or addictions. Community Support Services, Peer Support Services, and Activelinks Health & Fitness Services.

Ph: 0800 537 3464 <https://www.comcare.org.nz>

Community Energy Action Charitable Trust

Services include insulation, heating, energy advice, and good quality recycled curtains. Services are available to all households with subsidies up to 100% available to eligible households. Ph. 0800 GETWARM or visit www.cea.co.nz

Oranga Tamariki – Oranga Tamariki Ministry for Children (Regional)
High Street, Rangiora Ph: **0508 326 459**

Community Wellbeing North Canterbury Trust

Provides free community and social services that strengthen the wellbeing of families, children and young people in Waimakariri and the Hurunui. Services include:

- Wellbeing support for whānau/families and tamariki/children
- Community parenting programmes
- Early childhood education
- Wellbeing support for rangatahi/young people including specialist alcohol and drug support
- Kaiapoi food bank
- Restorative justice

T: 03 310 6375 E: info@wellbeingnc.org.nz or www.wellbeingnc.org.nz

Hope Community Trust

Community Support, wrap around Care for families and individuals, Counselling, Community Garden drop in area, Men's and Women's connect groups. 115 East Belt, Rangiora.

Ph: **03 928 3066** support@hopecommunitytrust.co.nz

Oxford Community Trust

For community information, budget advice, family support, counselling, holiday & youth programmes. Main St, Oxford.

Ph: Jo Ealam **03 312 3006**

Parenting Through Separation

To register please visit www.familyworksuppersouth.org.nz. Click News and Events (top right of page), then click events. Alternatively, you can contact Karen on 0800477874

Plunket

Plunket Well Child Service

Well Child services, home visits & appointments.

Plunket Adminline 0800 184 03

24/7 Phone support & data free website www.plunket.org.nz

Plunket Post Natal Adjustment Programme

Supports families experiencing difficulties adjusting to parenting, individual & group Ph: **03 365 1646**

Plunket Pregnancy and Parenting Education Course

Antenatal classes for parents-to-be and their support person.

Info and options for: pregnancy, labour, birth and the postnatal period. www.plunketppe.org.nz Ph: 027 275 8477

<https://www.facebook.com/canterburyplunket/>

Clothing Exchange – please refer to the Canterbury Plunket Facebook page for details.

Presbyterian Support USI Family Works

We work with parents/caregivers and their children to the age of 18.

The work is based around parenting and relationships within the family unit. Ph: Michelle Ramsay 03 2612887 micheller@psusi.org.nz

Public Health Nurses

Visit schools to advise on children's health, and work with families on health related concerns. Ph: Catherine Dowle **03 311 8665** or Anne Braid **03 311 8664** catherine.dowle@cdhb.health.nz

Rachel's House Trust - Young Parent Support

Rachel's House Trust- Supporting Mothers and Whanau
"Supporting mothers and whanua on their journey from pregnancy to parenting. We provide a safe space for families to navigate the changing world around them. Playgroup every Thursday at 10am in the Loft, 1-1 social work support, advocacy and pre loved clothing aged 0 to 5yrs all free. 021 090 11602 for enquiries
socialworker@rachleshouse.org.nz

Rangiora Salvation Army Family Store Budgeting advice & Food Bank,
15 Albert St, Rangiora **03 313 6947**

St John Health Shuttle, North Canterbury

Transport to Chch for medical related appointments, bookings through:
St John Ph: **0800 383 373**

Yellow Brick Road Te Wahapūahoaho: Supporting families towards mental wellbeing

Yellow Brick Road is an organisation supporting families who care for a loved one with mental health challenges. We offer confidential guidance and navigation through mental health services, advocacy, and education. Individual/family meetings and/or a number of different programmes for both children, adolescents, adults and groups, plus a variety of support groups including those bereaved by suicide. Service is free and available via self-referral or a health professional.
support.canterbury@yellowbrickroad.org.nz / 0800 87 66 82

Te Puawaitanga ki Ōtautahi Trust

We are a kaupapa Māori community organisation dedicated to whānau ora, providing health, education, justice, and social services across all ages.

- *Whanau Ora Navigators* - can help you plan for now and the future to reach your goals.
- *Rapuora Community Nursing Team* - can support you to understand and manage your health including chronic conditions such as diabetes, heart, and respiratory disease.
- *Immunisations* - including childhood immunisations, seasonal flu, covid, hapūtanga (pregnancy) and measles; mumps and rubella (MMR) for eligible whānau.
- *Rongoā* - including with taonga pūoro.
- *Family Start* - an intensive home visiting programme to improve tamariki health, growth and whānau circumstances.
- *Tamaiti Healthy Homes* - Helping tamariki live in warm, dry homes to reduce health risks.

Referrals can be made at www.tepuawaitanga.maori.nz or contact us on 0800 66 99 57 or reception@tepuawaitanga.maori.nz

Stopping Violence Services (SVS)

SVS is a specialist family violence service, providing non-violence interventions to people who have used family violence, helping them to learn skills and strategies for managing relationships in healthy and non-abusive ways.

Ph: 03 365 6266 or 0800 478 778 Email: info@svschch.org.nz

Parent to Parent

Providing support, info and education to families raising kids with disabilities and/or health impairments Ph: 0508 236 236
gtrcanterbury@parent2parent.org.nz

Youth Services North Canterbury

A free wrap-around support service helping young people aged 16-17 find sustainable education or employment options. Ph: **03 313 5874**

Counselling Services

Hope Community Counselling

East Belt, Rangiora. Individual: families and groups.
Monday to Friday Ph: **03 928 3066**

Waitaha Primary Health Brief Intervention

Free for adults and teenagers with mild to moderate mental health concerns. Access via a referral from the Medical General Practice Team

Children's & Young Peoples' Programmes

Big Brothers Big Sisters of NC

Mentoring programme for children 6-12 years.
Ph: Ellie Le Gros **03 310 7004** or **027 271 3405**
Email: ellie@bbbs.nz

Yellow Brick Road Te Wahapūahoaho

We have programmes specifically designed for children and young people who have a whānau member experiencing a mental illness (including addiction).
To inquire and refer, please contact us.
support.canterbury@yellowbrickroad.org.nz or phone 0800 87 66 82

Barnardos

Footsteps to Feeling Safe for children aged 5-12 years dealing with the effects of family violence. 0800 Barnardos (0800227627)

Aviva Tamaraki Group Programme

For children aged 5-12 years that have experienced family violence. Ten two-hour sessions in term time Aviva Rural Office: Rangiora.
Ph: **0800 28482 669**

Enabling Youth

Enabling Youth supports young people aged 11 to 30 years who are using violent or abusive behaviours and may also be struggling with complex needs, including family violence, anxiety, depression or alcohol and other drug use.
All services free. Ph: 03 365 6266 or 0800 478 778 Email: info@svschch.org.nz

Parenting Programmes

Mother4Mother Breastfeeding Peer Support

Our group meets weekly on Fridays 10am-12pm in the Whanau room at Rangiora Health Hub (Rangiora hospital) 161 Ashley Street. Facebook - Rangiora Mother4Mother Breastfeeding Support. Contact Janine **0800 800 743** or **027 588 1007** or janine.pinkham@waitaha.health.nz

Perinatal Wellbeing Canterbury

Providing community-based peer support for parents in Canterbury who are experiencing a decline in mental wellbeing relating to, or resulting from, pregnancy, childbirth, and parenting within the first 2000 days (Pregnancy to 5 years). Peer support is provided in person at our Wellbeing Groups and online for parents for ongoing support. We can also help with advocacy and liaison with other supports and families if needed.
Contact us at <https://perinatalwellbeing.org.nz>, support@perinatalwellbeing.org.nz or 021 131 4352.

Incredible Years Parenting Programme

Presbyterian Support USI. For parents of children aged between 3-8 years of age. Ph: Michelle Ramsay 03 2612887 micheller@psusi.org.nz

Parenting Place

*Parenting Place offers supportive, practical programmes to help you navigate every stage of raising children: **Space**: Guidance for you and your baby in their first year, with opportunities to connect with other parents. **Toolbox**: Tailored courses for the Preschool, Primary, and Teenage Years. **Building Awesome Whānau**: Designed for tamariki aged 2-13, this program weaves mātauranga Māori and Toolbox to create a kaupapa unique to Aotearoa.*
parentingplace.nz/courses or support@parentingplace.nz

Te Puawaitanga ki Ōtautahi Trust

Our services for hapū māmā start with Whānau Mai, a te Ao Māori journey supporting pregnancy, childbirth, and early weeks with pēpi.
www.tepuawaitanga.maori.nz or contact us on 0800 66 99 57 or reception@tepuawaitanga.maori.nz

- *Incredible Years®* – A 14-week programme to build positive parenting skills and relationships with tamariki.
- *Whānau Mai* – A te Ao Māori journey supporting māmā and whānau through pregnancy, birth, and early parenting.
- *Waiata Mai* – A weekly music group fostering community connection through waiata and dance.
- *Ūkaipō* – A weekly group promoting cultural connection, parenting confidence, and whanaungatanga, with breastfeeding and Well Child support.
- *Pāpā to Pāpā* – A weekly group for pāpā to connect and support each other in their parenting journey.
- *Pāpātanga Wānanga* – A monthly antenatal education wānanga designed by pāpā for pāpā.
- *Pēpi Massage* – A five-week course combining Infant Massage with Tupuna Parenting and whanaungatanga.
- *Poipōia te Mokopuna* – Support for whānau with tamariki under three in their in-home learning journey.
- *Parenting, life skills, and whānau planning* – Support for māmā in prison and upon release.
- *Family Start* – Intensive home visiting to enhance tamariki health, growth, and whānau wellbeing.

Autistic Innovations Autism Life Coaching for autistic adults who are parents and/or parenting autistic children Ph/text Karen at 027 479 0625 or email karen.holmes@autisticinnovations.co.nz

Waimakariri Parenting Support and Information for Families/Whanau

Term One 2025



For updates or additions contact:

Social Services Waimakariri

Phone: 022 317 7660 or

Email: facilitator@sswaimak.nz

www.nextsteps.org.nz



(Updated 3/1/25)