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 – live free from violence
A specialist Canterbury agency supporting people of any age, gender, sexuality or experience of violence to achieve a safe, violence-free life. Integrated Services include:

- Sexual Violence & Family Violence Services
- Tamariki/Children and Rangatahi/Youth Services
- ReachOut: Support for users of violence
- Seuga: restoring the wellbeing of Pacific Aotearoa aiga
- Whānau Resilience: long-term, family-centred approach to healing and recovery
- The Nest – Te wāhi o Tāne: for tāne/men who are ready to take responsibility for violence, make positive change, and live violence-free. Held every first Wednesday of each month, 6.30pm-8:30pm, Aviva Christchurch

Free 24 hr Support Line Ph: 0800 28 48 26, enquiries@aviva.org.nz
Rangiora drop-in support: Every Thursday, 9am-3pm, Level 1, 112 High St, Rangiora

SHE (Support, Heal, Empower) is a not-for-profit organisation 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.
Office: 03 332 4122 Crisisline: 0800 REFUGE (733843)
office@she.org.nz http://www.she.org.nz

Budgeting Services
A free and confidential financial mentoring and budgeting advice service to individuals and families in the Waimakariri and Hurunui.
The Salvation Army North Canterbury
rangiora.corps@salvationarmy.org.nz (03) 313 2370

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.
Ph: 0800 537 3464 https://www.comcare.org.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 – National Public Health Service
Visit schools to advise on children's health, and work with families on health related concerns. Ph: Catherine Dowle **0272469060** or Anne Braid **0272289263** catherine.dowle@tewhatuora.govt.nz or anne.braid@tewhatuora.govt.nz

Rachel's House Trust - Supporting Mothers & Whānau.
Supporting mothers and whānau on their journey from pregnancy to parenting. We provide a safe space for families to navigate the changing world around them.
Playgroup & support group Thursdays 10am-11:30am upstairs in the Gables Arcade Rangiora. 1-1 social worker support, advocacy, kai pantry, free baby items & clothing size 0-5 years.
www.rachelshouse.org.nz

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
The Trust supports whānau throughout the different stages in life. Our services are delivered in the home and community.

- *Whanau Ora Navigators* can help you plan for now and the future to reach your goals.
- *Rapuora Community Nursing Team* can help you understand and manage life with chronic conditions (such as diabetes, heart and respiratory disease).
- *Vaccination mahi* including COVID-19, seasonal flu 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* aims to increase the number of tamariki living in warm, dry and healthy homes to reduce avoidable hospitalisations and ill health due to housing-related conditions.
- ***Āheinga Pūtea | Financial Education*** - Empowering individuals and whānau through free financial education, budgeting support, and practical guidance in the comfort of their own homes across the Waimakariri District

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

Comcol Youth Service North Canterbury
We provide a FREE Youth Service for 16-19 year olds offering guidance and support to help young people into education, training, work based learning and more. NEETs - 16-17 yrs and those receiving Youth Payment or Young Parent Payment. Ph: 03 313 5874 or 0800 60 50 60.

The Early Days Collective
A relaxed coffee & connection group for first-time mums in North Canterbury. Starting 8 June, come build your village, share real moments, and feel less alone. Limited spaces available.
m.waddington@comcare.org.nz

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

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.
perinatalwellbeing.org.nz support@perinatalwellbeing.org.nz

Incredible Years Autism Parenting Programme
Presbyterian Support USI. For parents of children aged between 2 – 5 years of age. Ph: Michelle Ramsay 03 2612887 micheller@psusi.org.nz

Incredible Years Toddler programme
FREE COURSE for parents of toddlers aged 1-3yrs, to support parents and caregivers to find positive ways to parent,
12 weekly sessions starts Tues 5/8/25, Kaiapoi Community Centre.
Sue Early Start Project Ph. 0800 378-278 sue.taylor@earlystart.co,nz

Parenting Place
Toolbox is Parenting Place's age-and-stage course, designed to support parents through every stage of the parenting journey. Toolbox supports parents to; understand their child's development, build connection and manage everyday challenges, learn practical tools for their unique whānau, connect with others in a supportive group setting.
Toolbox is offered in three versions, each tailored to a specific age and stage: **Preschool Years** - covers the big feelings and big messes of the early years - from tantrums to picky eating. **Primary Years** - supports parent through the school years - navigating friendships and growing independence. **Teenage Years** - equips parents to handle the ups and downs of adolescence - including mood swings, risk taking and growing autonomy. parentingplace.nz/courses or support@parentingplace.nz

Te Puawaitanga ki Ōtautahi Trust
Our services for hapū māmā begin with *Whānau Mai* a te Ao Māori journey that prepares māmā and whānau for pregnancy, childbirth and the early weeks with pēpi. Programmes & Services Include:

- *Poipoia te Mokopuna* for whānau with tamariki under three years old who want support with their in-home learning activities
- Parenting, life skills and whānau planning for māmā in prison and upon release

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

Autistic Innovations Autism Life Coaching for autistic adults who are parents and/or parenting autistic children
Funding may be available for this service. Book a free first appointment to find out more
Ph/text Karen at 027 479 0625karen.holmes@autisticinnovations.co.nz

The Mum Group is a wellbeing and support group for Mum's with children any age. Every Friday, 10.30am to 11.45am, Rangiora Health Hub. Children are welcome. Contact 027 225 6298 for more details

Mums Connect offers free ECE Childcare, whilst young mums attend a free supportive and fun parenting & wellbeing course 3-4 days per week in Nth Cant. Ph Leonie 0272158347

Waimakariri Parenting Support and Information for Families/Whanau

Term Four 2026



For updates or additions contact:
Social Services Waimakariri
Phone: 022 317 7660 or
Email: facilitator@sswaimak.nz

www.nextsteps.org.nz

SSW social services waimakariri
because we all matter

(Updated 9/10/26)