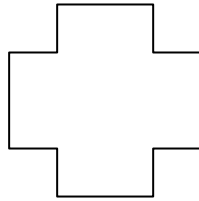


First Aid for Families



People who may be able to help through tough times

<p style="text-align: center;">Friends & family who are supportive and trusting</p>	<p style="text-align: center;">Doctors Greenwood Health 528 8866 Or Central Medical 528 8358</p>	<p style="text-align: center;">Motueka Family Service Centre</p> <p>For home based family support, parenting groups and education programmes</p> <p style="text-align: center;">528 0234</p>	<p style="text-align: center;">Women's Support Link (24 hours)</p> <p>Advocacy and support for women, counselling and education programmes</p> <p style="text-align: center;">528 8161</p>
<p style="text-align: center;">SVS Living Safe</p> <p>Support for individuals and families affected by family and other forms of violence through counselling, education and individual support</p> <p style="text-align: center;">528 8976 www.svs.org.nz</p>	<p style="text-align: center;">Te Awhina Marae</p> <p>Whanau Ora Navigators, Kaumatua activities programme</p> <p style="text-align: center;">528 6061</p>	<p style="text-align: center;">Strengthening Families</p> <p>Brings together the agencies that can help your family, whanau to deal with your concerns. You decide which agencies will be at the meetings to support you.</p> <p style="text-align: center;">528 1001 Alistair Munro</p>	<p style="text-align: center;">The Salvation Army</p> <p>Advocacy & Support, Budgeting support and general counselling and spiritual guidance, education programmes on life skills, Family Store, Drop In Community Food Bank, Body & Soul Weekly Meal</p> <p style="text-align: center;">528 5109 Trindi Walker</p>
<p style="text-align: center;">Family Works Social Worker in Schools</p> <p>Supporting children and their families who attend Parklands & Motueka South Schools</p> <p style="text-align: center;">027 298 9645 Bridget Malone</p>	<p style="text-align: center;">Open Home Foundation</p> <p>Christian child and family support.</p> <p>Provide support in the Nelson and Tasman areas</p> <p style="text-align: center;">(03) 545 9172</p>	<p style="text-align: center;">Nelson Bays Community Law</p> <p>Free and confidential legal information and assistance Mondays and Wednesdays at Motueka Community House Make an appointment On 0800 246 146</p>	<p style="text-align: center;">Motueka SASH Support Link</p> <p>Is available to support you and your family when affected by sexual abuse</p> <p style="text-align: center;">03 929 8008</p>

<p>Fresh Perspective Is a mentoring programme that aims to help Parents and Young Adults. This is an initiative between the Open Home Foundation and various churches in NZ. 0800 555 300</p>	<p>Safe Families Motueka A Network of government & community groups committed to a community wide response to reduce family violence. Email us at admin@safefamiliesmotueka.nz or check out www.safefamiliesmotueka.nz</p>	<p>Family Start If you are pregnant or have a young child (priority given to a child under one year) and want support as a parent/family, then we can offer home based support. Providing home based support in Motueka: Sharyn Croft 027 223 6534 (03) 545 8931</p>	<p>SF Nelson Supporting Families in Mental Illness Motueka Office at Motueka Community House 528 7790 Jeannette Bent</p>
<p>Motueka Newcomers Group A support group for new immigrants or newcomers from other parts of NZ 528 4332 Heather McKenzie</p>	<p>Te Piki Oranga Whanau Ora Nursing & Tamariki Services Alcohol & Drug assessment, support, treatment and education Tangata Whaiora (mental health) Support Worker, Social Worker 528 1155.</p>	<p>Your Library 528 1047 Books about parenting, childcare and just about anything. Free internet use <u>Parklands School and Motueka South school also have a parenting library</u></p>	<p>Gateway Trust Supporting people with Mental Health issues. Services include Youth, 1:1 support and Day based Activity Drop In Centre. 5 days per week, 10am – 2pm 24A Tudor Street Motueka 528 1420</p>
<p>CAMHS Child & Adolescent Mental Health Services If your child/young person is a safety risk to themselves or others Please phone 03 546 1800 Or ring the Community Liaison 03 546 1221</p>	<p>Nelson Marlborough Health Addiction Service Motueka Working with people (incl. youth) with alcohol and drug addictions. Agency or self-referrals accepted. 18 Tudor Street Motueka 528 1160 opt. 2</p>	<p>Motueka High School Counsellor MNZAC Lorraine Mullings Working with adolescents at Motueka High School Whakarewa Street Motueka 528 9050</p>	<p>Lynda Hannah Health Blossoms Counsellor, Herbal Medicine, Naturopathy, Health Coaching and Support & Living Legacies Natural, DIY family directed funerals 528 5220</p>

In an **Emergency** do not hesitate, call

POLICE 111 24 hrs
Child, Youth & Family 0508 326 459 24 hrs

List updated by Community House Ph: 528 0404 to make any changes