



## MONTHLY MAILER FEBRUARY 2020

### Porirua Office

Level 6, 14 Hartham Place

04 499 0149

### Lower Hutt

60A Victoria St, Alicetown

### Wellington

4<sup>th</sup> Floor, Anvil House, Wakefield St



**Family/ Whanau Enquirers - Anne McGregor**

**0277694405**

**Cultural Service Enquiries - Toni McGlynn 021 027**

**09889**

**Easy Access Housing Enquires – Nicholas Armstrong**

**022 657 2317**

### Family/ Whānau Support

Family and whānau need access to services that support and enhance their wellbeing.

#### Our Service provides

Face to face and telephone support

Information about mental illness, addiction and treatment options

Support with communities and understanding family dynamics

Encouragement and support to develop coping and self-care strategies

Liaison with Mental health and community services

Advocacy

### Easy Access Housing

This service is for individuals with Mental Health and Addiction needs that have contributed to them becoming homeless.

We provide transitional shared housing and supports that enable people to seek and apply for appropriate longer-term housing.

We welcome and encourage the involvement of any support organisations/agencies people choose to include in their Housing Action plan.

We assist residents to:

- Create a personalised Housing Action Plan
- Maintain their connections with clinical and community support
- Maintain healthy households and inter-personal relationships
- Explore opportunities for personal and professional growth

### Anxiety Programme

A free 8 week programme for anyone who feels they would benefit from learning some skills to help

Manage their anxiety Ages 18yrs and over.

Contact Anne McGregor on: 0277694405 or [anne@atareira.org.nz](mailto:anne@atareira.org.nz)

### Children of Parents with Mental Illness or Addictions (COPMIA)

A free programme for Children aged 8-12yrs old who have a member of their family/whānau experiencing mental health and/or addiction concerns.

Contact Anne McGregor on: 0277694405 or [anne@atareira.org.nz](mailto:anne@atareira.org.nz)

### Kapiti Boomerang Activity Centre

A place where anyone can come and feel welcome. Relax over a hot drink and be in the company of others who want to get out and meet a few people. The Activities Centre is open to anyone who thinks they may benefit from coming along.

*Every Wednesday 10am-4pm, Upstairs at The Shed Project  
20 Tongariro St, Paraparaumu*

### Addiction Education

Four week group aimed at helping people affected by their loved one's addiction.

*Group with run in Kapiti from 4th February 2020 from 5:30pm-7pm*

Contact Emma Hurst on: 0210386060 or  
emma@atareira.org.nz

## Family/ Whānau Support Groups

Our Support Groups are for family/Whānau and friends of people experiencing mental health and/or addiction issues and are facilitated by the Family/Whānau worker in each area. Groups meet regularly and provide an opportunity to get support from others, share experiences and explore relevant topics in a welcoming environment.

*For more information please contact the Family/Whānau worker in your area.*

### Kapiti Coast

**The Sunflower Group**—Every Monday Morning

**Kapiti Evening Support Group**—Third Thursday of the Month

**Meth Support Group**—Fourth Thursday of the Month

**Parenting through the Storm**—Fortnightly on Mondays

**Grandparents Group**—Fortnightly on Thursdays

*Contact Alison Chadwick on: 0210421243  
alison@atareria.org.nz*

### Wellington

**Central Wellington Group**—12:00pm-1:30pm—Second Thursday of the Month

*Contact Wendy Leary on: 0226572318 wendy@atareria.org.nz*

### Hutt Valley

**Connect Group**—10:30am–12:00pm—Meets monthly on Thurs

Family Support Group 6.15 Lower Hutt—meets monthly

*Contact Lisa on: 021912992 lisa@atareria.org.nz*

### Porirua

**Morning Support Group**—First Friday of the Month

**Evening Support Group**—Last Wednesday of the Month

*Contact Anne McGregor on: 0277694405 anne@atareira.org.nz*



## Communication/ Upcoming events

We have extended our coverage and capacity to have more of a presence in Upper Hutt. We will be based out the Family Works Office, 4 Exchange St Ebdentown. For new referrals, please contact anne@atareira.org.nz 0277694405

There is a new evening Family Support Group beginning Thurs 11 Feb at 6.15pm at our Lower Hutt Office. The group is for persons from Lower & Upper Hutt & Wainuiomata who are supporting someone with mental health or addiction issues. Contact Lisa on 021 912 992

Children Understanding Mental Illness and Addiction (COPMIA) Programme for Children 8-12 years of age Contact anne@atareira.org.nz 0277694405 for more details and check for space