



## ***Jigsaw North:***

- **Anger Change for Mothers** – help to change those difficult relationships with your child to an enjoyable one.
- **De-stress** - Taking the stress out of managing tantrums
- **Getting Kids' Attention** – Kids don't listen? How to talk so your kids DO take notice
- **After Access Visits** – Learn from each other what helps children get back into routine
- **SKIPa latte** – free workshop/support group for parents

**25 Otaika Road Whangarei**

**09 438 8852**

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



## ***Parent to Parent:***

- **The Parent Support Programme:** For parents or carers of children with a health condition, disability or additional needs.
- **Advocacy Support Training Course:** For parents, carers or whānau of a child with a health condition, disability or additional needs.

**291 Kamo Road**

**09 437 3337 or Toll Free 0508 236 236**

[www.parent2parent.org.nz](http://www.parent2parent.org.nz)



### ***Family Works Northern:***

- **Blended Families**
- **Strengthening Your Step Family**
- **Incredible Years** – helps parents to build optimal parenting skills

**09 437 6729**

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



### ***Plunket:***

- **Baby Massage** – for babies from newborn to 7 months of age and pregnant mums
- **PEPE(Parent Education Programme):**
  - **Baby on the Way** – for parents of babies in the first 6 weeks
  - **Your Growing Baby** – for parents of babies aged from 6 weeks to 1 year
  - **Your Active Toddler** – for parents of toddlers aged from 1 to 2 years
  - **Your Curious Pre-schooler** – for parents of pre-schoolers aged from 2 to 3 years
- **Community First Aid** – for parents of children from 0 - 5 years
- **Jealousy & Fighting** – for parents of toddlers and/or pre-schoolers
- **ACC Home Safety** – for parents of children from 0 – 5 years

### ***Plunket Karitane Family Centre***

***33 King Street, Kensington, Whangarei***

***09 437 1907 or email: [lisa.jones@plunket.org.nz](mailto:lisa.jones@plunket.org.nz)***



### **Whangarei Parents Centre:**

- **Magic Moments** – Free: Tips & strategies for non-physical ways of discipline that work using boundaries and building caring relationships with children
- **Parenting with Purpose** – Free: Ways to put more fun in your family life. Learn effective ways to be the parent you want to be.
- **Baby and You** – Covers good feeding, sleeping, common infant complaints, infant massage, and much more
- **Moving and Munching** – identifies areas in need of safety proofing in the home, intellectual and social development, solids, healthy attitudes to food and more.
- **Toilet Training** – Learn techniques on how to toilet train with ease.

**13a Te Mai Road Whangarei**

**09 438 3003**

**[whangarei@parentscentre.org.nz](mailto:whangarei@parentscentre.org.nz)**



### **Relationship Services:**

- **Parenting Through Separation** FREE information programme funded by the Ministry of Justice to help you help your children when you separate.

**1 Deveron Street Whangarei**

**09 437 0712**

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



Parents Inc.  
Family is Everything

## ***Toolbox Parenting Groups (Parents Inc):***

- The Early Years
- The Middle Years
- Teens and Tweens 12+

**Contact Deborah Short**

**09 433 5040**

**[www.theparentingplace.com](http://www.theparentingplace.com)**

### ***Other resources available to families***

- 155 Community House 09 437 0185
- SKIP (Strategies with Kids Information for Parents): Lena Fransham 09 438 8852
- Ringa Atawhai: 09 459 7590
- Otangarei Trust: 09 438 6024
- Bream Bay Community Support Trust: 09 432 7197
- He Mataariki School for Teenage Parents: 09 438 5556
- Maori Womens Welfare League: 09 438 3847
- Women's Refuge: Tryphina House 09 437 6576
- Maori Women's Refuge 09 437 2127
- Te Puawaitanga o Otangarei Health Centre 09 437 3045
- Parents as First Teachers Plunket 0211305819
- He Puna Marama 09 438 8422
- The Pulse 09 438 0004