



# Parent & Family Counselling

*“Te puawaitanga o te kakano”*

PARENT & FAMILY COUNSELLING

25 OTAİKA ROAD  
PO Bo 5012, WHANGAREI

PHONE (09) 438 8852

FAX (09) 438 2151

## WHO ARE WE?

Parent and Family Counselling is a not for profit social service agency based in Whangarei, Northland. The agency is focused on the wellbeing of all families and believes in supporting all children. Parent & Family Counselling has actively advocated against all forms of child harm, neglect, and family violence for the last 28 years.

Parent & Family Counselling offer a range of services including;

- Parent Education
- SKIP (Strategies with Kids, Information for Parents)
- Individual, Couple and Family Counselling
- Family Therapy
- Sand Tray Therapy
- Advocate for children and young people who witness family violence
- Home visit counselling

Parent & Family Counselling services are available to children and families for a minimal fee. To ensure that our fees are maintained at a low to no cost fee structure, Parent & Family Counselling secures funding through donations, grants and government contracts.

Parent and Family Counselling staff are experienced, qualified and registered with their relevant professional body i.e. ANZASW and NZAC.

*“Sort the problem out together”*

– KEENEN, AGE 12



## HOW DO WE ENROL IN PROGRAMMES OR BE REFERRED TO COUNSELLING?

People who want to use Parent & Family Counselling's services can call into the office at 25 Otaika Road, Whangarei, or phone 09 4388852 or be referred from another social service organisation. We also carry out counselling services for the Family Court and Manaia PHO.

## IS THERE A WAITING LIST?

People will always be contacted within 24 hours during business days and can generally see a counsellor within a couple of weeks.

Parent Education programmes are offered every term.

## A HEARTFELT THANK YOU

On behalf of Parent & Family Counselling I wish to thank you for your generous contribution. The whakatauki 'ko tou rourou, ko taku rourou, ka ora ai te iwi e' encapsulates the achievements that are possible when we work together. Your contribution will directly benefit vulnerable children and families in our local community.

Noho ora mai,

Liz Nelson, Manager

## To our supporters:

*“Ko tou rourou, ko taku rourou, ka ora ai te iwi e”*

*“With your resources and my resources  
we can make a difference”*

Parent and Family Counselling is an active member of the national child advocacy group Jigsaw.



*Helping families put together  
what's best for their children*

*“Sometimes I need help cos I can't do it on my own” – SHAYDEN, AGE 6*



*Healing occurs  
when we  
address  
the problems  
that stop us  
getting on  
with our lives*



*"When I feel sad,  
cuddle me"*

– CASSIDY, AGE 5



## OUR SPONSORS



**L.W.Nelson**

*John Allot*  
TRUST

*"Look at me when I am talking to you" – KRISTEN, AGE 8*

## PARENTING IS THE MOST IMPORTANT JOB ANYONE CAN HAVE!

Being a parent is a fulfilling and rewarding adventure, at the same time it can be one of the toughest experiences in life. Even the most conscientious parent can feel overwhelmed when faced with unexpected challenges.

Parent and Family Counselling can help. We support children and families through parent education, social work and counselling. Most importantly we work with parents to find ways that encourage and support the raising of healthy, happy and confident children.

*...and some more  
wisdom*

*"When I am in a bad mood, ask me  
what's wrong" – MICHEAL, AGE 15*

