



MONTHLY MAILER *December 2019*

Porirua Office

Level 6, 14 Hartham Place

04 499 0149

Lower Hutt

60A Victoria St, Alicetown

Wellington

4th 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

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

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 a Thursday

Contact Lisa Beech 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

Our offices will be closed from noon 24 Dec to 6 January 2020

We will be looking at extending our coverage in the Hutt Area in the New Year. More information to follow

8 Week Anxiety Management Programme in Porirua starting 17 Feb 2020. Contact Anne@atareira.org.nz 0277694405 for more details and check for space

Children Understanding Mental Illness and Addiction (COPMIA) Programme for Children 8-12 years of age in Lower Hutt starts 11 Feb 2020. Contact Anne@atareira.org.nz 0277694405 for more details and check for space