

home & family
services include...

**EMERGENCY ACCOMMODATION
PROGRAMME FOR FAMILIES IN CRISIS**

for women + children, men + children & families. Our residential family work team provides specialised support & life skills programmes

PARENTING COURSES

Four week creative parenting courses using the Positive Parenting Programme and looking at practical effective strategies for common behavioural problems

CARING FATHERS

- *fostering positive fatherhood*
One-to-one appointment with Don Rowlands, family counsellor

**STEP PARENT SUPPORT & EDUCATION
GROUP**

Meets monthly, 7.30pm at Home & Family.
Facilitators: Don Rowlands, family counsellor and Wendy Duder, parent educator.

LIFEMAPPING

Six week self confidence course for women.
Facilitator:
Madeline Bass-Podger

Look us up on the web -

www.homeandfamily.net.nz



OUR MISSION

Offering accessible strengths based social services that enable people to make a positive difference in their lives, their families and communities.

OUR VISION

Creating healthy, safe families and communities by working together, appreciating who we are and what we have, discovering our dreams and building the strength and ability to turn them into reality.



TE WHARE MANAAKI TANGATA

COUNSELLING - EDUCATION
EMERGENCY ACCOMMODATION

221 Manchester St PO Box 287
Christchurch t: 379 5645 f: 366 7371
e: info@homeandfamily.net.nz
counselling@homeandfamily.net.nz
www.homeandfamily.net.nz



“Always know in your heart that you are far bigger than anything that can happen to you”

DAN ZADRA



**COUNSELLING @
HOME & FAMILY**



When life just seems too hard talking things over with someone else can help...

Home & Family offers professional counselling for individuals, young people, children & families, including relationship counselling for couples. With up to 15 counsellors available appointments can be arranged by phoning 379 5645 or emailing us at info@homeandfamily.net.nz.

Friends and family can be great sounding boards but talking to someone outside your situation can be a great help.

There aren't easy answers to life's big issues; counsellors know that, but they may be able to assist you to look at what's happening from a different angle and suggest strategies for moving past the things that block you.

Finding the right counsellor is important too. Our counsellors are men and women with a wide range of different interests and backgrounds who are happy to meet with you for an introductory session.

email counselling -

ecounselling@homeandfamily.net.nz



Specialties include:

- **Brief and solution focused therapy**
- **Person centred therapy**
- **Narrative therapy**
- **Children's play therapy**
- **Imago therapy for couples**
- **Gottman couple therapy**
- **Relationship counselling**
- **Family therapy**
- **Grief counselling**



Home & Family is a social service agency which has been providing family based programmes to the people of Canterbury since 1908.

An interesting bit of history... originally the Society for the Protection of Women & Children (S.P.W.C.), in 1898 we merged with the Society for the Prevention of Cruelty to Animals (S.P.C.A.) and became known as The New Zealand Society for the Protection of Women and Children and the Prevention of Cruelty to Animals. For the next 28 years these two agencies were administered by one Committee with two honorary Inspectors overseeing the work of each.

We have always been a grassroots community agency and one of the few places offering professional counselling for children, families, couples and individuals, payable on a donation basis



Celebrating a century of service to the community

Home & Family's kaupapa is to provide a professional service to all people, regardless of their background, culture or economic circumstance.

We are not affiliated to any other group or organisation. Running costs (approx. \$80 per hour) come solely from grants & donations.

Your counselling may be covered by the Disability Allowance, please enquire at reception.

Suggested Guidelines

Beneficiaries	\$1 - \$10
Low Income	\$10 - \$30
Middle Income	\$30 - \$50
High Income	\$50+

N.B. Late cancellation or missing appointments may mean losing your place on our client list.