



## Community, Youth and Child Services

We are a youth and community agency providing young people, their whanau and local communities with support and opportunities for growth and development.

### Our Services

- Support for young parents
- Mental health and wellbeing counselling services
- Adventure based change programme for young people
- Little Owls Preschool



### OUR VALUES

Our Values are the foundation that all our work is built upon.



**Manaakitanga**  
Hospitality



**Aroha**  
Compassion



**Whakaute**  
Respect



**Tika**  
Justice



**Hiranga**  
Excellence

### GET IN TOUCH



[sjog.org.nz](http://sjog.org.nz)



[enquiries.waipuna@sjog.org.nz](mailto:enquiries.waipuna@sjog.org.nz)



(03) 386 2159



@hauoratrust



349 Woodham Road, Wainoni  
Christchurch 8061



St John of God Hauora Trust

# St John of God Waipuna

## Health & Wellbeing Counselling Service



St John of God Hauora Trust

## **Our Health and Wellbeing team provide counselling and education to young people with support needs relating to alcohol and drugs, depression, anxiety and eating awareness.**

Our service supports young people (age 10-25) in their journey who are experiencing a range mental health and wellbeing issues. Our eating awareness service provides counselling for clients age 16-65.

In addition to individual counselling our service also delivers group work in response to community needs from individuals, families and schools.

Our service is funded by the Ministry of Health and free of charge.

## **Our team**

Our Health and Wellbeing team are professional clinicians with experience in providing support for a diverse range of mental health issues and needs.

We work primarily with young people and have experience and counselling techniques that can help you with struggles in your life journey and development.

## **What to bring to your appointment**

An open mind. To get the most from your time with us we would love for you to approach the appointment with an openness to the new and a willingness to best support your growth and development.

This could mean opening up about your story and experiences during your sessions to help extend your understanding and your insight. Or it could mean committing to trying out new skills and strategies between appointments

## **How to book something in**

We can make an appointment with you Monday to Friday between the hours of 8:30am - 5:00pm.

You or a family member can book an appointment or we accept referral from your General Practitioner (GP), school counselor or from other social services.

There is often a wait list for an initial appointment and we will communicate with you about when we can meet with you.

## **Your first appointment**

At the initial appointment we will ask you to complete some paperwork, this helps us understand your situation and your goals.

We will discuss these together and agree a plan for the work ahead; this also helps you decide whether counselling is something you wish to commit to at this time.



**Kia ora for your interest in working on your wellbeing, we look forward to speaking with you.**