



*Waitemata*  
District Health Board

Best Care for Everyone

# Resources for teenage parents in the Waitemata DHB region 2013

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*Maternity Service*

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## Resources regularly accessed by Waitemata DHB domiciled teenage parents

Online resources		
Name	Description and activities	Contact details
<b>Are you a young parent or about to be one?</b>	Booklet <ul style="list-style-type: none"> <li>▪ Published in 2005 by Young Parent Project, Auckland Women's Centre</li> <li>▪ To be republished by Granger Grove</li> </ul>	<a href="http://womens.org.nz/ypkit/">http://womens.org.nz/ypkit/</a>
<b>Community Law Library</b>	Excellent, comprehensive legal info for teenage parents <ul style="list-style-type: none"> <li>▪ Abortion</li> <li>▪ Adoption</li> <li>▪ Paternity and guardianship</li> <li>▪ Protection Orders</li> <li>▪ CYF issues</li> <li>▪ Health, education, living</li> <li>▪ Getting legal help</li> </ul>	<a href="http://www.communitylaw.org.nz/fileadmin/documents/assets/Legal_Information_for_Pregnant_Teenagers.pdf">http://www.communitylaw.org.nz/fileadmin/documents/assets/Legal_Information_for_Pregnant_Teenagers.pdf</a>
<b>Family support providers</b>	Internet directory <ul style="list-style-type: none"> <li>▪ A to Z directory of family support service providers in NZ</li> </ul>	<a href="http://www.familyservices.govt.nz/directory/searchprovideralphabetical.htm">http://www.familyservices.govt.nz/directory/searchprovideralphabetical.htm</a>
<b>Find Your Midwife</b>	Internet tool listing midwives in your area <ul style="list-style-type: none"> <li>▪ Lists which midwives offer home birth, birthing unit and hospital options.</li> <li>▪ Each midwife's month by month availability</li> </ul>	<a href="http://www.findyourmidwife.co.nz">www.findyourmidwife.co.nz</a>

Auckland – wide		
Name	Description and activities	Contact details
<b>Auckland Sexual Health Service</b>	Free and confidential sexual health care <ul style="list-style-type: none"> <li>▪ Sexually transmitted infections</li> <li>▪ Contraceptive advice</li> <li>▪ Sexual abuse service</li> <li>▪ Assist with pregnancy decision making if an existing client</li> </ul>	0800 739 432 (free)
<b>Barnardos</b>	Ensuring all children receive the very best start to life. <ul style="list-style-type: none"> <li>▪ Free kids helpline (up to 18 years)</li> <li>▪ Kidstart</li> <li>▪ Family Support</li> <li>▪ Counseling</li> <li>▪ Parents as First teachers (PAFT)</li> </ul>	0800 4 parent (0800 472 7368) (free)  0800whatsapp? 0800 227 627 (free)
<b>Community Alcohol and Drugs Services (CADS)</b>	Free counselling for people who have alcohol or other drug related problems	09 488 2701
<b>Child Youth and Family (CYF)</b>	Child protection (social workers) <ul style="list-style-type: none"> <li>▪ Care and protection of the child</li> </ul>	0508 family (0508 326 459) (free)
<b>Epsom Day Unit</b>	Information for women considering an abortion <ul style="list-style-type: none"> <li>▪ Social workers for pregnancy options counselling</li> <li>▪ First trimester TOP after referral from GP of FPC doctor.</li> </ul>	Greenlane Clinical Centre 09 631 0740
<b>Family Planning Association (FPA)</b>	Promoting a positive view of sexuality, enabling people to make informed choices about their sexual and reproductive health <ul style="list-style-type: none"> <li>▪ Emergency contraceptive pill (ECP)</li> <li>▪ Sexually transmissible infection (STI) checks and treatment</li> <li>▪ Pregnancy testing and counselling</li> <li>▪ Produce booklet 'ABORTION – what you need to know'</li> </ul>	Info line 0800 4636 5463 (free)
<b>Granger Grove</b>	Residential, family care programme which enables mothers to make a fresh start in a secure, supportive environment. <ul style="list-style-type: none"> <li>▪ Social workers, counselors, child psychotherapists and caregivers</li> <li>▪ Parenting and home-making skills including cooking, budgeting</li> <li>▪ Accessing community resources, relationships and goal-setting</li> </ul>	Otahuu 276 3729 Fax 276 9761 0800 901 000 (free)

## Auckland – wide

Name	Description and activities	Contact details
<b>Healthline</b>	24 hours free health advice <ul style="list-style-type: none"> <li>▪ Non teen specific but used by teens</li> </ul>	0800 611 116 (free)
<b>HELP</b>	Support for survivors of sexual abuse <ul style="list-style-type: none"> <li>▪ Therapy</li> <li>▪ Justice</li> <li>▪ Community</li> <li>▪ Adult Youth Parents and Caregivers</li> </ul>	623 1700
<b>Pregnancy Counseling Services Inc</b>	A free 24 hour counseling service <ul style="list-style-type: none"> <li>▪ Face-to-face counseling.</li> <li>▪ Support in pregnancy</li> <li>▪ Recovery after abortion</li> <li>▪ Considering an adoption</li> <li>▪ Transport to appointments</li> <li>▪ Help to find accommodation</li> </ul>	0800 633 328 (free) 307 6745
<b>Pregnancy Help Inc</b>	Providing free support and information <ul style="list-style-type: none"> <li>▪ Pregnancy testing</li> <li>▪ Counseling</li> <li>▪ Drop in centres</li> <li>▪ Information</li> <li>▪ Help with referrals</li> <li>▪ Telephone support line</li> <li>▪ Clothing and baby equipment</li> </ul>	09 373 2599
<b>Plunketline</b>	24 hour help <ul style="list-style-type: none"> <li>▪ Help and advice with parenting, babies and children under 5</li> </ul>	0800 933 922
<b>Shine</b>	For women and children experiencing violence in their home <ul style="list-style-type: none"> <li>▪ Information and options</li> <li>▪ Secret safe houses</li> </ul>	Free phone 0508 384 357 (0508 DV HELP)
<b>U Choose</b>	A free help and support service for women facing crisis pregnancies and/or difficult circumstances. <ul style="list-style-type: none"> <li>▪ Pregnancy Support – going to appointments</li> <li>▪ A place to stay – either home-stay or a neighboring flat (free of charge)</li> </ul>	0800 U CHOOSE (0800 824 6673) (free) Text 021 293 6687
<b>Work and Income NZ (WINZ)</b>	Providing financial support in the form of benefits. <ul style="list-style-type: none"> <li>▪ Young parent payment</li> </ul>	0800 559 009 <a href="http://www.winz.govt.nz">www.winz.govt.nz</a>
<b>Youthlaw</b>	Free national legal service for those aged under 25 years <ul style="list-style-type: none"> <li>▪ Legal information</li> <li>▪ Legal advice, assistance and representation (legal services)</li> </ul>	0800 UTHLAW (884 529) <a href="http://www.youthlaw.co.nz">http://www.youthlaw.co.nz</a>
<b>Youthline Pregnancy Centre (Preferred by PFC)</b>	Individual and family counseling and support services <ul style="list-style-type: none"> <li>▪ 3 free counseling sessions by female counselors for decision making i.e. abortion, adoption or keeping baby</li> </ul>	0800 376 633 (free) 09 361 4162 for appointment Free text 234

## West Auckland

Name	Description and activities	Contact details
<b>Change Works &amp; Teen dads Plus</b>	Personal development course for fathers under 24 years. <ul style="list-style-type: none"> <li>▪ Free 10 week course followed by ongoing fathers group for networking</li> </ul>	18 Lincoln Rd, Henderson 09 836 3777 or 021 488 142 (Ryan) 09 839 7482 (Junior)
<b>DHB Maternity Pacifica liaison</b>	Aratika clinic (base) Waitakere <ul style="list-style-type: none"> <li>▪ Assists teens informing their parents</li> <li>▪ Finding support and referrals</li> </ul>	Galuofi Lua
<b>DHB Maternity Social workers West</b>		

## West Auckland

Name	Description and activities	Contact details
<b>Family Start</b> (Family Works and West Fono)	Strengthening and improving parents skills for the benefit of the child Refer from second trimester Intensive home visiting service for pregnancy and postpartum Have to meet referral criteria	09 837 3517 Fax: 837 3519 <a href="mailto:waitakere@northern.familyworks.org.nz">waitakere@northern.familyworks.org.nz</a>
<b>He Wero</b> Teen Parent Unit (20 places)	To support teenage mothers and parents to continue their education and pathway into careers <ul style="list-style-type: none"> <li>▪ Parent school Henderson High</li> <li>▪ Correspondence education</li> <li>▪ On site Barnardos for baby</li> <li>▪ Free transport in and out</li> <li>▪ Also house Thrive AN classes</li> </ul>	22b Smythe St Henderson 837 7570
<b>Living and Learning Family centre</b>	Young mums 16 week support programme <ul style="list-style-type: none"> <li>▪ Caring for baby</li> <li>▪ Caring for self</li> <li>▪ Positive relationships</li> <li>▪ Finding support networks</li> <li>▪ Money and budgeting</li> <li>▪ Making healthy choices</li> </ul>	212 Universal Drive 837 7992
<b>Pacific Island Women's Health Project</b>		Crisis line 0800 474-947 (free) 828-4317 or <a href="mailto:info@falelalaga.org.nz">info@falelalaga.org.nz</a>
<b>Parent Aid</b>	Extra pair of hands needed during stressful times. <ul style="list-style-type: none"> <li>▪ Practical home/childcare assistance around the home when sickness, accident or the unexpected happens.</li> </ul>	836 4122
<b>Thrive</b> Teen Parent Support Trust	Empowering young parents (teen to 24 years) to build thriving families and lead fulfilling lives <ul style="list-style-type: none"> <li>▪ Parenting – antenatal education</li> <li>▪ Parenting education</li> <li>▪ Social workers for case work</li> <li>▪ Young mums support group</li> <li>▪ Young dads</li> </ul>	34 Lincoln Rod Henderson 213 9658
<b>Tu Wahine</b>	Service for Maori and their children, young people, women and whānau <ul style="list-style-type: none"> <li>▪ Counseling, therapy and support to those affected by violence and abuse</li> <li>▪ Specialise in domestic violence, rape, incest, and other related violence</li> <li>▪ Approved provider</li> </ul>	247 Edmonton Rd, Te Atatu 838 8700
<b>Wai Health</b>	Tamariki Ora well child service	0800 924942 (free)
<b>West Fono Health Trust</b>	For Pacific women <ul style="list-style-type: none"> <li>▪ The leader in providing innovative, affordable and accessible integrated healthcare and social development for Pacific and high needs people</li> </ul>	837 1780 ext 746 Fax 837 3519 021 863 389
<b>Women's Centre</b> Waitakere	Empowering women, promoting family well-being and community belonging <ul style="list-style-type: none"> <li>▪ Information and services assistance</li> <li>▪ Women's library</li> <li>▪ Counseling</li> <li>▪ Courses</li> </ul>	111 McLeod Rd Te Atatu South 838 6381
<b>Youth Health Hub</b>	Services for under 24s who might be difficult to reach Focus on mental health <ul style="list-style-type: none"> <li>▪ Free health services 10-24 years</li> <li>▪ Youth worker and counseling</li> <li>▪ Young dads</li> <li>▪ Youth health clinics</li> </ul>	32 Lincoln Road Henderson 836 2329

## North Shore

Name	Description and activities	Contact details
<b>DHB Maternity Social workers North</b>		
<b>North Shore Women's Centre</b>	Celebrating and strengthening women <ul style="list-style-type: none"> <li>▪ Free legal clinic</li> <li>▪ Clothes exchange</li> <li>▪ Social worker</li> <li>▪ Drop-in</li> <li>▪ Counseling</li> <li>▪ Holiday programme for teenage girls</li> </ul>	5 Mayfield Rd Glenfield  444 4618
<b>Parent Support</b>	Offering immediate, short term support in the home <ul style="list-style-type: none"> <li>▪ Free service providing short term practical help</li> </ul>	Coordinator 486 4666 info@parentsupport.org.nz
<b>SPACE Cedar Centre</b>	Supporting parents alongside Children's education <ul style="list-style-type: none"> <li>▪ First time parents through the first year</li> <li>▪ Associated with Parent Centre</li> <li>▪ Weekly for 30-40 weeks</li> <li>▪ Trained facilitators.</li> <li>▪ COST: \$80</li> </ul>	Chelsea room, Cedar Centre Tramway road, Beach haven 483 6989
<b>Te Puna Hauora</b>	Confident capable and healthy whānau <ul style="list-style-type: none"> <li>▪ Mana Maatua Parenting (free)</li> <li>▪ Wrap around free health services (GP, Tamariki Ora, Nurse, physio, dental,</li> <li>▪ Transport,</li> <li>▪ social worker, youth worker</li> <li>▪ Drug and alcohol counseling</li> </ul>	58a Akoranga Dr, Northcote 489 3049 Fax 486 0750 166 Birkdale Rd, Birkdale 483 5724 Fax 483 5723
<b>Whanau Marama</b>	Parenting courses for parents of all cultures based on SKIP <ul style="list-style-type: none"> <li>▪ The first three years 9 weeks \$45</li> <li>▪ Effective discipline 9 weeks \$45</li> <li>▪ 5 languages of Aroha 4 weeks \$35</li> <li>▪ Targeting 16-18 years from 2014</li> </ul>	212 Archers Road Glenfield 441 0208/9
<b>Young Dads North</b>	For fathers under 24. <ul style="list-style-type: none"> <li>▪ Free 10 week course followed by ongoing fathers group for networking</li> </ul>	Te Puna 58a, Akoranga Dr, Northcote 489 0192 Junior 021 272 2249
<b>Young Mums group Gracegate (coming )</b>	Free Young mums group and Free Young dads group (Living and Learning) <ul style="list-style-type: none"> <li>▪ Parenting toolbox</li> <li>▪ How to cope, making friends</li> <li>▪ Free childcare</li> </ul>	Charisa 914 2999 charisa@gracegate.org.nz

## Rodney

Name	Description and activities	Contact details
<b>Helensville Women and Family Centre</b>	Strengthening women and families <ul style="list-style-type: none"> <li>▪ Counseling</li> <li>▪ Family support</li> <li>▪ Courses (parenting, youth programmes)</li> <li>▪ Library/information</li> </ul>	51 Commercial Rd Helensville 09 420 7992
<b>Helensville Men and Family Centre</b>	Young dads group <ul style="list-style-type: none"> <li>▪ Free 10 week course connecting young dads</li> <li>▪ Communicating with partner and child</li> <li>▪ Life skills</li> <li>▪ Understanding relationship changes</li> </ul>	420 8263 Andrew 0272 826 305.
<b>Hestia Women's refuge</b>	All women and children have the right to live free from fear and violence <ul style="list-style-type: none"> <li>▪ Crisis support</li> <li>▪ Family support advocate</li> <li>▪ Safe accommodation</li> <li>▪ Practical assistance</li> </ul>	<b>24 hour crisis pager</b> 0800 321 361

## Rodney

Name	Description and activities	Contact details
<b>Hibiscus Coast Family Services</b>	Free Confidential services to support families with young children <ul style="list-style-type: none"> <li>▪ Practical in home support</li> <li>▪ Caring for children</li> <li>▪ Meal preparation</li> <li>▪ Social work</li> <li>▪ Drop in support group</li> </ul>	575 Whangaparaoa Rd Whangaparaoa 09 424 4014
<b>Homebuilders Family support service</b>	Walking together through the hard times <ul style="list-style-type: none"> <li>▪ Youth counseling</li> <li>▪ Op-Shop</li> <li>▪ Family support (parenting etc)</li> <li>▪ SKIP</li> <li>▪ Strengthening families</li> </ul>	5 Hexham Street Warkworth 09 425 7048
<b>MSM young mums</b>	Young mums support group <ul style="list-style-type: none"> <li>▪ Mondays 10 – 12 during term time, Orewa community church</li> <li>▪ Parenting, budgeting, cooking, first aid, violence prevention, job preparation</li> </ul>	235 Hibiscus Coast Hwy, Red Beach 021 297 9095
<b>Te Ha O Te Oranga O Ngati Whatua</b>	Provider of Maori Health services which focuses on individual families' total well-being. <ul style="list-style-type: none"> <li>▪ Community Health Worker</li> <li>▪ Alcohol &amp; drug counseling,</li> <li>▪ Car seat promotion</li> <li>▪ Doctors clinics</li> <li>▪ Sexual health clinic every Monday.</li> </ul>	158 Rodney Street. Wellsford (09) 423 8538 53 Commercial Road, H'ville (09) 420 7235 Awakino Street, Dargaville (09) 439 1690
<b>Te Korowai Aroha Pumau</b>	Maori social services <ul style="list-style-type: none"> <li>▪ Making life choices</li> <li>▪ Developing skills</li> </ul>	09 423 9481
<b>Women's Centre Rodney</b>	Education, empowerment, healing and recovery <ul style="list-style-type: none"> <li>▪ Information and services assistance</li> <li>▪ Drop-in</li> <li>▪ Counseling</li> <li>▪ Young Mums education programme</li> <li>▪ Courses</li> </ul>	10 Morpeth St Warkworth 09 425 7261

## References

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