



OUR VISION  
is for New Zealand and  
the Taranaki  
**TO BE THE  
BEST PLACE  
in the world  
TO GROW UP!**

## Get in **touch**

Family Works Central provides a range of social services for children, young people, adults, parents and families throughout the Taranaki region. These services are provided from centres in New Plymouth, Stratford, Hawera and Waitara.

### New Plymouth Centre

**Phone:** 06 758 5037  
**Fax:** 06 759 1431  
**Email:** [familyworks-taranaki@psc.org.nz](mailto:familyworks-taranaki@psc.org.nz)  
**Visit:** 51 Buller Street, New Plymouth 4310

### Waitara Centre

**Phone:** 06 758 5037  
**Visit:** Knox Church, 17 Grey Street, Waitara 4346

### Hawera Centre

**Phone:** 06 278 6385  
**Visit:** 45 Regent Street, Hawera 4610

### Stratford Centre

**Phone:** 06 765 0531  
**Visit:** 52 Juliet Street, Stratford 4332

Thanks to support from our community the majority of our services are heavily subsidised or, in some cases, free of charge. Call us to discuss the funding options.



For more information visit  
[www.familyworkscentral.org.nz](http://www.familyworkscentral.org.nz)

# FAMILY WORKS TARANAKI





# Introducing Family Works

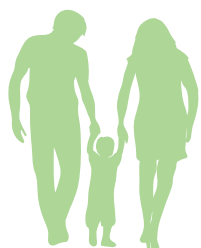
**Family Works Central supports people of all ages, kids, teens and adults, through challenging times. We'll empower you, your family and whānau to flourish.**

Our services include social work, counselling, parenting advice and Family Dispute Resolution, as well as other community support. Through these services we can support you to make positive changes using the strengths and resources you already have.

At Family Works we also work in partnership with other organisations and individuals on community development projects in response to local needs.

He aha te mea nui o tēnei Ao? **Māku e kī atu he tangata, he tangata, he tangata!**

Ask me what the most important thing in the world is, **I will tell you – it is people, it is people, it is people!**



## Our Services

### Talking helps

If you feel like you're struggling, or things are becoming overwhelming, we can help. Our supportive counsellors provide an unbiased ear to listen to your concerns. We'll help you explore and understand your thoughts, feelings and responses, and then support you to make positive changes in your life. In Taranaki we offer counselling for individuals, including children, young people and adults, as well as couples, families and groups.

### Parenting support

Being a good parent or carer is one of the toughest, yet most important jobs you can do. Whether you're just starting out, experiencing problems, parenting other people's children, wanting to put some more fun into it or just needing some support from other parents – we can help.

We offer a variety of group programmes covering topics such as understanding the behaviour of your kids or teens and communicating with them, happy parenting principles and strategies for managing challenging behaviours.

### Parenting through Separation

Parenting through Separation is a free information programme that helps you work out what's best for your children when you're separating. The programme provides practical advice and information to keep things as stress-free as possible for your children and to help you work out what parenting arrangements will work if or when you separate.

### Family Dispute Resolution

Family Dispute Resolution (FDR) helps families reach an agreement on parenting arrangements after a separation or divorce. The mediation service has been designed to support parents and guardians to resolve conflict without the need to go to court.

### Supervised contact

Helping parents and children rebuild positive and safe relationships after family violence or long periods of separation. Our whānau kamahi (supervised contact) workers help parents to understand the needs of the children and support successful reintroduction.

### Social work

Our social workers are qualified to provide advice, support and advocacy for children, parents and families facing life's most difficult challenges. We can help you and your children work through complex problems and emotions in a positive way. We can also provide advocacy and advice to make sure your family is getting the right support.

### Supporting safety

Healthy relationships are supportive, kind and trusting. It is not ok for someone to use emotional abuse or physical power to control or hurt you. If you've experienced family violence of any kind, Family Works services are available to support you.

We can offer individual support, advocacy and counselling for adults and children, as well as group programmes to help you make positive changes in your life and feel safe again.

### Employee assistance

The Employee Assistance Programme (EAP) provides practical counselling and support services when personal or work issues are impacting on work performance. These issues may include stress, bullying, workplace conflicts, relationship difficulties or alcohol/drug dependency.

### Clinical Supervision

Regular external supervision is part of the expectation for professional membership and accreditation for most professional bodies. Family Works have a number of qualified and highly experienced clinical/professional supervisors who are able to work with you to reflect on your practices and experiences.

### Support groups and courses

Family Works is able to facilitate group courses to meet various needs. The relaxed group setting provides a comfortable place to talk with others facing similar challenges, discuss strategies for dealing with challenges and to learn new skills for making positive changes. Groups have included building confidence for teens, keeping safe, communication and relationships.