



## Contact Family Works for information on courses near you

Family Works Whangarei (Genesis Centre)  
16 Mair St, Regent, Whangarei  
Ph: 09 437 6729 | [admin.whangarei@fwn.org.nz](mailto:admin.whangarei@fwn.org.nz)

Family Works North Shore (Offices based in Mairangi  
& Castor Bays Presbyterian Church centre)  
10 Penzance Road, Mairangi Bay, Auckland  
Ph: 09 835 1288 | [admin.waitakere@fwn.org.nz](mailto:admin.waitakere@fwn.org.nz)

Family Works Waitakere  
2171 Great North Road, Avondale, Auckland  
Ph: 09 835 1288 | [admin.waitakere@fwn.org.nz](mailto:admin.waitakere@fwn.org.nz)

Family Works Leslie Centre  
37B Dornwell Road, Mt Roskill, Auckland  
Ph: 09 639 2016 | [admin.lesliecentre@fwn.org.nz](mailto:admin.lesliecentre@fwn.org.nz)

Family Works South Auckland (Te Hononga)  
10 Mahia Road Manurewa, Auckland 2102  
Ph: 09 269 1009 | [admin.tehononga@fwn.org.nz](mailto:admin.tehononga@fwn.org.nz)

Family Works Waikato (Te Ara Hou)  
100 Morrinsville Rd, Silverdale, Hamilton  
Ph: 07 858 4413 | [admin.waikato@fwn.org.nz](mailto:admin.waikato@fwn.org.nz)

Family Works Tauranga (The Hillier Centre)  
31 Gloucester Rd, Mt Maunganui, Tauranga  
Ph: 07 575 9709 | [admin.tauranga@fwn.org.nz](mailto:admin.tauranga@fwn.org.nz)

Family Works Whakatane  
156 The Strand, Whakatane  
Ph: 07 307 1133 | [admin.whakatane@fwn.org.nz](mailto:admin.whakatane@fwn.org.nz)

Family Works Rotorua  
48 Biak Street, Mangakakahi, Rotorua  
Ph: 07 349 0990 | [admin.rotorua@fwn.org.nz](mailto:admin.rotorua@fwn.org.nz)

Family Works Taupo (Tauhara Wing)  
Waiora House, 129 Spa Rd, Taupo  
Ph: 07 378 6480 | [admin.taupo@fwn.org.nz](mailto:admin.taupo@fwn.org.nz)

[www.familyworksnorthern.org.nz](http://www.familyworksnorthern.org.nz)  
[fb.com/familyworksnorthern](https://fb.com/familyworksnorthern)

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# Bullied? Feeling unsafe? Unhappy?

Counselling for young people affected  
by abuse, grief and loss



“The counsellor helped me cope  
with my anger.

I felt like she really listened and  
heard me. I started to make my own  
decisions and become stronger.”





## Feel like no one cares?

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When home no longer feels safe and life falls apart, it can be shattering and painful. You may have watched others in your family being hurt or been hurt yourself. Abuse is when someone...

- ... hits, punches or kicks you
- ... touches your body without your permission
- ... puts you down, calls you names or bullies you
- ... neglects to look after you properly
- ... hurts other people in your family.

Not sure who you can trust or where to turn for help?

### Getting the help you need

Family Works Northern is here to help when life gets tough. We will stand by you when the problems get too big to handle on your own.

You can ask us for help yourself or get someone else to refer you – such as a family member, doctor, your school, or a social worker.

A Family Works counsellor will meet with you to work out what you can do to keep yourself safe. If there are other things bothering you at home or at school, you can talk to them about those things as well.

The counsellor can support your whole family or just you by yourself.

**The service is free and confidential – no one else needs to know except you and your family.**

**“I liked talking about the things that were bothering me. It helped me feel better about stuff and about myself and it was good to laugh again.”**

## Family Works counselling will help:

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- keep yourself safe
- manage your emotions
- feel better about yourself
- become more confident and resilient
- identify and build on your strengths
- know who to go to and how to ask for help
- solve problems and make decisions.

## Who are we?

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Family Works Northern is a professional organisation that focuses on preventing harm to children and young people, and building strong families. We provide a range of services that help families overcome the effects of abuse and create a better future.

