



*“The counselling has helped my daughter deal with her emotions in ways I could not have explained. I am very happy with the service provided by Family Works.”*

Contact Family Works for confidential support

**Whangarei (Genesis Centre)**  
16 Mair St, Regent,  
Whangarei 0112  
Ph: 09 437 6729  
E: admin.whangarei@fwn.org.nz

**Waikato (Te Ara Hou)**  
100 Morrinsville Rd, Silverdale,  
Hamilton 3216  
Ph: 07 858 4413  
E: admin.waikato@fwn.org.nz

**North Shore**  
PO Box 150, Albany Village,  
Albany 0755  
Ph: 09 448 2633  
E: admin.waitakere@fwn.org.nz

**Tauranga (Hillier Centre)**  
31 Gloucester Rd, Mt Maunganui,  
Tauranga 3116  
Ph: 07 575 9709  
E: admin.tauranga@fwn.org.nz

**Waitakere**  
3 Montel Avenue,  
Henderson, Auckland 0612  
Ph: 09 835 1288  
Email: admin.waitakere@fwn.org.nz

**Whakatane**  
156 The Strand,  
Whakatane 3120  
Ph: 07 307 1133  
E: admin.whakatane@fwn.org.nz

**Auckland (Leslie Centre)**  
37B Dornwell Road, Mt Roskill,  
Auckland 1041  
Ph: 09 639 2016  
E: admin.lesliecentre@fwn.org.nz

**Rotorua**  
1083 Eruera St,  
Rotorua 3010  
Ph: 07 349 0990  
E: admin.rotorua@fwn.org.nz

**East Auckland**  
7A Harrison Road, Mt Wellington,  
Auckland 1060  
Ph: 09 580 1284  
E: admin.lesliecentre@fwn.org.nz

**Taupo**  
Tauhara Wing, Waiora House,  
129 Spa Rd, Taupo 3330  
Ph: 07 378 6480  
E: admin.taupo@fwn.org.nz

**South Auckland (Te Hononga)**  
10 Mahia Road Manurewa,  
Auckland 2102  
Ph: 09 269 1009  
E: admin.tehononga@fwn.org.nz

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

A service proudly provided by



# Counselling for children and young people

*affected by abuse, grief and loss*



# Childhood should be a safe and happy experience...

...But when home no longer feels safe and families break apart, it's shattering and painful for everyone. Children and young people are particularly vulnerable. The impact on them can last a lifetime.

## These things can destroy families and harm children and young people:

- family violence
- emotional or psychological abuse
- neglect
- alcohol or drug use
- physical or mental health issues
- poverty
- traumatic life events
- grief and loss
- bullying.

Family Works counsellors have the skills and experience to support children and young people when the problems are too big to handle on their own.

Children and young people can be referred by a family member, doctor, school, or social worker. Those at secondary school or older can ask for help themselves.

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

# What **abuse** looks like

## Abuse is when someone...

- ... hits, punches or kicks people
- ... touches a person's body without permission
- ... puts a person down, calls them names or bullies them
- ... neglects to look after their family properly
- ... hurts others in the family.

Each child or young person will react differently to abuse. Some become withdrawn while others grow aggressive and disruptive. Whatever their outward behaviour, abuse is likely to seriously hinder a child's or young person's development and destroy their wellbeing.



# How **we** can help

Family Works Northern is here to help when life gets tough. We stand by families in crisis, and focus on preventing further harm to children and young people by strengthening their:

- social skills, self-esteem and confidence
- relationships with peers
- family relationships
- emotional resilience
- identify and build on your strengths
- know who to go to and how to ask for help
- problem-solving skills.

# Who are we?

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.

*“The service helped my children to cope with a very tough year in a positive and healthy manner.”*

– Parent