

## What people say

“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.”

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



## Contact Family Works for information on support 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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# Counselling for children and young people

affected by abuse, grief and loss



 **Family  
Works**  
NORTHERN

# Childhood should be a safe and happy experience

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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

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## 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

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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?

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Family Works is a professional, not-for-profit organisation. We're part of Presbyterian Support Northern, a charitable social services provider that strengthens New Zealand families as they face life's challenges.

We work in communities and schools throughout the upper North Island, from Northland to Turangi.