

No fixed abode and support services

A free directory of Christchurch
accommodation and services for
people without a safe, secure home

Fifth edition Revised April 2016

Introduction

This is the Fifth edition (revised) of No Fixed Abode directory to be published. The first directory was produced in November 2005 in response to a task group on homelessness recommending that a directory of accommodation and support services be compiled. The task group included staff from the Christchurch City Mission, the Methodist Mission Christchurch, the Salvation Army, Street 10 and Christchurch City Council.

The directory was created as a response to issues and needs experienced by those of 'no fixed abode' in Christchurch. Being homeless is broadly defined as having inadequate access to safe and secure housing. There is a long continuum of those who fit into this broad definition. They include those who live on the streets, in cars or empty buildings; those who move frequently from one temporary shelter to another (including emergency accommodation, women's refuges and those staying with family or friends); those living in boarding houses on a medium to long-term basis; and those who live in substandard housing. A lack of adequate affordable housing is known to damage health and cause complications in many areas of life for individuals and families and can have negative effects on the growth and development of children. Unstable housing has significant implications for the broader community service sector.

The No Fixed Abode directory collates a wide range of information on accommodation and related services for those experiencing difficulties securing adequate housing in Christchurch. This reflects the complex causes of homelessness, in particular poverty, mental health issues, drug, alcohol and gambling issues, and leaving prison or institutional care.

Organisations are listed alphabetically. Where an age range or gender has not been specified, the organisation caters to all ages and/or all genders. Where a referral source has not been specified, access to the agency can be made both in person (self referral) and by an agency (agency referral). The index at the front of the directory is grouped under headings (e.g. Accommodation - Emergency) in which all entries are listed.

While significant efforts have been made to collect full and accurate information, there will inevitably be omissions or inaccuracies. No responsibility is accepted for missing entries or incorrect details. The right to include, edit and limit the content of all entries in this directory is reserved by the Christchurch City Council. Your input to add or update entries would be appreciated - please do so through nofixedabode@ccc.govt.nz and CINCH, the online Community Information Service. The directory can be also accessed as a PDF through CINCH. library.christchurch.org.nz/cinch

We trust that this free directory supports those without a safe, secure and affordable home to access to the impressive range of services in the Christchurch area.

**Community Support Unit
Christchurch City Council
53 Hereford Street
PO Box 73016
Christchurch**

**Phone: (03) 941-8999
Fax: (03) 941-8267
Email: nofixedabode@ccc.govt.nz
Website: www.ccc.govt.nz**

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o800 Hungry Ministries Trust

Phone: 0800 486 479 (cell phone users ring 03 381 2660)
Fax: 384 7840
Mail: PO Box 24 008, Christchurch 8642
Email: admin@o800hungry.org
Website: www.o800hungry.org
Address: Unit B 9 Francella St, Bromley
Information: Deliver food parcels to families and individuals in need in the Greater Christchurch area (\$5). Age range: 18 and over. Open: Monday to Friday 9.00am - 3.00pm/5.00pm

Age Concern

Phone: 366 0903
Fax: 365 0639
Email: team@ageconcerncan.org.nz
Website: www.ageconcerncan.org.nz
Address: 24 Main North Road, Papanui, Christchurch 8053
Information: Community health nurses, elder abuse and neglect prevention services, home support services (e.g. gardeners, cleaners, handymen and tradesmen), information (see www.ageconcerncan.org.nz), quarterly Keeping On newspaper, social connection services including visiting service and outings, and a range of education courses.

Agender New Zealand Inc

Phone: 027 AGENDER (027 243 6337)
Email: agendernzinc@xtra.co.nz
Website: www.agender.org.nz

Alcohol Drug Helpline (Alcohol Drug Association NZ)

Phone: 0800 787 797
Fax: 377 5600
Mail: PO Box 13 496, Christchurch 8141
Email: info@alcoholdrughelp.org.nz
Website: www.addictionshelp.org.nz www.alcoholdrughelp.org.nz
Information: Helpline available 10am to 10pm seven days a week offering free confidential information, insight and support on issues arising from drinking or other drug use. In addition they have a dedicated Maori Line: 0800 787 798, Pasifika Line: 0800 787 799 and the Methamphetamine Intervention service accessible through the main line. They offer a range of options: information and resources; brief interventions for alcohol and other drug problems; a call-back service where the helpline calls the client at a pre-arranged time to assist them to reach their goals, and relapse prevention for those who have made the change. We work with concerned others and support families/whanau to stay well when their loved ones are struggling with an alcohol or other drug problems. Open 10am to 10pm 365 days a year.

Alcoholics Anonymous

Phone: 379 0860 or 0800 229 6757 or 0800 AAWORKS
Mail: PO Box 2062, Christchurch, 8140
Email: Chchaa@gmail.com
Website: www.aa.org.nz
Address: 357 Gloucester Street, Linwood
Information: A fellowship of men and woman who share their experience, strength and hope with each other that they may solve their common problems and help others to recover from alcoholism. Over 50 regular meetings in the Christchurch region. Open: 10.00am - 2.00pm Monday to Friday, plus after-hours phone line.

Angel Fund

Phone: 022 412 6635
Mail: PO Box 10089, Christchurch 8145
Email: angelfund@gmail.com
Website: www.angelfund.org.nz
Information: Interest free loans (up to \$500) and support and saving scheme for women who are taking steps to getting work or to do a course (e.g. a course that Work & Income may not fund) or to go into a home or hobby business. Must have ability to repay loan. Loan can be for materials, transition to work costs etc. Service targeted at women with low incomes.

Anxiety Support Canterbury Trust

Phone: 377 9665
Fax: 366 8276
Mail: Po Box 33 332, Christchurch 8244
Email: info@anxietysupport.org.nz
Website: www.anxietysupport.org.nz
Address: 284 Selwyn Street, Barrington
Information: Information, education and support, including separate group meetings for people with obsessive compulsive disorder; social anxiety and agoraphobia / panic disorder and their families / support people. Normal office hours Monday to Friday 9.30am - 3.00pm.

City Church Christchurch

Phone: 379 7979
Fax: 379 7978
Mail: PO Box 2000, Christchurch 8011
Email: office@citychurchchristchurch.co.nz
Website: www.citychurchchristchurch.co.nz
Address: 344 Manchester Street
Information: Open Monday to Friday 9am to 2pm. Sunday services @ 10am (City and North Campus) and 6pm (City Campus). For further information on our church ministries please visit our website <http://citychurchchristchurch.co.nz/ministries/>

Westside ACTS Church

Phone: 348 2130
Fax: 348 2130
Mail: 13 Watts Road, Sockburn, Christchurch 8042
Email: office@westsidechurch.org.nz
Website: www.westsidechurch.org.nz
Address: 13 Watts Road, Sockburn
Information: Weekly church service, and other regular groups including youth group, ICONZ, young parents group, etc. Hours of Operation: Sunday Service 10:30am

Aranui Community Trust (ACTIS)

Phone: 963 7070
Fax: 963 7076
Mail: PO Box 15 036, Aranui, Christchurch 8061
Email: cathy@actis.org.nz
Website: www.actis.org.nz
Address: 35 - 45 Hampshire Street, Aranui
Information: Drop-in and information service: organise AFFIRM Aranui Family Fun Day and work closely with government and non government organisations. Have an earthquake support coordinator and Aranui Community Nurse. Open: Monday to Thursday 9.00am - 5.00pm; Friday 9.00am - 4.00pm.

Battered Women's Refuge

Phone: 364 8900
Fax: 3660419
Mail: PO Box 36729, Merivale, Christchurch 8146
Email: batteredwomenstrust@xtra.co.nz
Information: Provides safe housing and support for women and children fleeing domestic violence. Criteria: women must be victims of domestic violence, be screened prior to acceptance into refuge and consent to conditions. Self referral.

Beneficiary Advisory Service

Phone: 379 8787
Mail: PO Box 130 090, Christchurch 8141
Email: bas.cprc@gmail.com
Website: www.bas.org.nz
Address: The Hub on Hereford, 6-275 Hereford Street, Christchurch
Information: Advocacy on benefit matters and related issues for beneficiaries. Self referral.
Open: Monday to Thursday 9.30am - 2pm.

Bipolar Support at MHAPS (Mental Health Advocacy and Peer Support)

Phone: 366 5815
Mail: PO Box 33332, Christchurch 8244
Email: enquiries.bsc@gmail.com
Website: www.bipolarsupportcanterbury.org.nz
Address: 826 Colombo Street (Cnr Colombo & Peterborough Streets)
Information: Peer Support and information to anyone affected by bipolar disorder, including friends and family members. We provide both one to one and group support.
Hours of Operation: Monday - Thursday 9:00am - 4:30pm; Friday 9:00am - 3:00pm.

Birthright Christchurch

Phone: 03 366 9456
Email: manager@birthrightchch.org.nz
Website: www.birthrightchch.org.nz
Address: 301 Tuam Street, Christchurch 8011
Information: Birthright Christchurch believes that all children have the right to a happy, secure and loving home environment. We work with single parents / caregivers to build confidence, skills and resilience within families and their individual members. Our service is tailored to meet the needs of each family. Services we provide include Home visits, Practical Assistance, Assistance with school uniforms (subject to funding), Programmes for parents and children, Family friendly events and camps, Newsletters, Advocacy and a Parent Library based in our office at 301 Tuam Street.

Bromley Community Centre

Phone: 3891657
Mail: PO Box 24 059, Linwood, Christchurch 8642
Email: bcc@slingshot.co.nz
Address: 45 Bromley Rd, Bromley
Information: Monday: Katang Fitness Circuit (9.30-10.15); Tuesday: Women's Group (10.00-12.00), Playgroup (12.30-2.30 No Cost); Wednesday: Katang Fitness Circuit (9.30-10.15), Childrens Recreation (3.15-4.00); Thursday: Art group (1.00-3.00); Friday: Katang Fitness low impact aerobics (9.30-10.15). Computer tuition; Contact centre to arrange a time as tutor is flexible. Free wifi and laptop access is also available. Hall and meeting rooms for hire.

Neos

Phone: 358 8174
Mail: 46 Kendal Avenue, Christchurch, 8053
Email: youth@burnside.org.nz
Website: www.burnside.org.nz
Address: 46 Kendal Ave, Christchurch
Information: Neos (Yrs 9-13) Youth group that supports young people through their life as a teenager. Open 7pm to 9pm Thursday nights (during term time).

Community Alcohol & Drug Service

Phone: 03 335 4350
Fax: 03 335 4351
Mail: Private Bag 4733, Christchurch 8140
Website: www.cdhb.govt.nz
Address: Hillmorton Hospital, Christchurch
Information: We provide a community drug and alcohol service in Christchurch. Entry criteria to our service includes: written referral, no walk-ins, need to be 18+, no pending charges, motivated to address substance use, meet criteria for substance dependence, and live in Canterbury DHB region. Interpreters available. No Cost. Entry assessment applies. Contact hours: 8.30am - 4.30pm Mon - Fri

Cambridge Clinic - DSAC

Phone: 366 0067 (24 hr)
Fax: 3665448
Mail: 146 Bealey Avenue, Christchurch 8013
Email: cambclin@xtra.co.nz
Information: The Cambridge Clinic provides medical services for anyone in Canterbury or the West coast who has been sexually assaulted, whether recently or in the past. You will be offered an appointment by phoning the clinic or upon referral from your GP, Counsellor, Family Planning Clinic, Police, CYF the Hospital or the 24 Hour Surgery. N.B. Children are only seen after referral from another professional e.g Police, CYF, GP or Hospital Doctor. This is a free service.

Care NZ - The Recovery Clinic

Phone: 365 8700
Fax: 365 9800
Mail: PO Box 36 246, Merivale, Christchurch 8146
Email: christchurch@carenz.co.nz
website: www.carenz.co.nz
Address: 555 Manchester St, St Albans
Information: Comprehensive alcohol and drug assessments, treatment planning, and ongoing support for people with an alcohol and drug problem who want to deal with it; one-to-one consultations; family support; 8 week evening intensive outpatient programmes; and 12 week intensive day outpatient programme for people with dual diagnosis. Offer harm reduction model (which may include abstinence). Two Maori Health works on site. Free service. Age range; 20 and over. Open: Monday to Friday 8.30am - 5.00pm.

Catholic Social Services

Phone: 3790 012
Fax: 366 9644
Mail: PO Box 4237, Christchurch 8140
Email: c.s.s@clear.net
Website: www.cathsocservs.nzl.org
Address: 336 Cashel Street, Christchurch
Information: Counselling services. Family work/Social work support. Group Courses. Budgeting advocacy. Foodbank. Open 9am to 5pm Monday to Friday. Foodbank open 10.30am to 12.30pm.

Christchurch Budget Service

Phone: 366 3422 or 021 082 71472
Fax: 366 3074
Mail: PO Box 10089, Phillipstown, Christchurch 8145
Email: Chchbudget@gmail.com
Website: www.christchurchbudgetservice.co.nz
Address: Unit 4, 473 Brougham Street, Waltham, Christchurch 8023
Information: Assistance with household budgeting, debt reduction, insolvency applications. Kiwi Saver withdrawals. Community group education. Appointments available at office during the week. Home visits available by appointment days, evenings and weekends.

Christchurch City Council - Mayor's Welfare Fund

Phone: 941 8197
Fax: 941 8267
Mail: PO Box 73 016, 53 Hereford St, Christchurch 8154
Email: brian.pegler@ccc.govt.nz
Information: Place of last resort for low income earners. Financial help in emergencies for basic needs (e.g. rent, power bills, firewood, medical costs, board and food excluded); Child Enrichment Fund (e.g. school camps, childcare). Requirements: Community Services Card or other ID, a decline letter from Work & Income, a mini bank statement and the appropriate invoice/bill. Age range: 15 and over. Appointments please ring 941 8888

Christchurch City Council - Social Housing

Phone: 941 8999
Fax: 941 8267
Mail: PO Box 73014, Christchurch 8140
Email: housing@ccc.govt.nz
Website: www.ccc.govt.nz
Address: 53 Hereford St, Christchurch
Information: Rental accommodation provided according to prioritised need: bedsits, studios, one bedroom, and some two bedroom units. 24 hour home maintenance phone 941 8999. Criteria: income, assets, ID, any relevant health issues, residency status. Age range: generally 18 and over. Open: Monday to Friday 8.30am - 5.00pm. Available at Linwood Community Link on certain days.

Christchurch City Mission - Adult Alcohol and other Drugs Service

Phone: 365 0635
Mail: PO Box 1032, Christchurch 8140
Email: camella@citymission.org.nz
Website: www.citymission.org.nz
Information: Available to men and women. Immediate brief intervention, i.e. phone or walk-ins. Comprehensive assessment and referral to relevant services. Ongoing out-patient counselling, education and relapse prevention. Referrals from self and other agencies.

Christchurch City Mission - Budget Service

Phone: 365 0635
Fax: 366 7100
Mail: PO Box 1032, Christchurch 8140
Email: budget@citymission.org.nz
Website: www.chchcitymission.org.nz
Address: 276-284 Hereford Street, Christchurch
Information: Open 9am to 2pm Monday to Friday

Christchurch City Mission - Food Bank

Phone: 365 0635
Fax: 366 7100
Mail: PO Box 1032, Christchurch 8140
Email: gray@citymission.org.nz
Website: www.chchcitymission.org.nz
Address: 276-284 Hereford Street, Christchurch
Information: Open 9am to 12pm Monday to Friday

Christchurch City Mission - Home Detox

Phone: 371 2162 or 027 532 0580
Fax: 366 7100
Mail: PO Box 1032, Christchurch 8140
Email: raewyn@citymission.org.nz
Website: www.citymission.org.nz
Address: 276-284 Hereford Street, Christchurch
Information: To provide detox services, where suitable to people within the home environment in conjunction with clients own GP.

Christchurch City Mission - Social Work Services

Phone: 365 0635
Fax: 366 7100
Mail: PO Box 1032, Christchurch 8140
Email: gray@citymission.org.nz
Website: www.chchcitymission.org.nz
Address: 276-284 Hereford Street, Christchurch
Information: Open 9am to 5pm Monday to Friday

Christchurch City Mission - Men's Night Shelter

Phone: 365 0635
Fax: 366 7100
Mail: PO Box 1032, Christchurch 8140
Email: gray@citymission.org.nz
Website: www.chchcitymission.org.nz
Address: 276-284 Hereford Street, Christchurch
Information: Opens at 5pm each day.

Christchurch City Mission Women's Night Shelter

Phone: 027 801 5162 or 03 389 8453 after 4pm daily
Address: 1/446 Cashel Street, Christchurch
Information: Hours: 5pm to 8.15am. Prospective residents need to present to the shelter at 5pm and will undergo an assessment interview with the Night Shelter Attendant on duty. Entry criteria is around women's need for accommodation and their ability to manage the environment of the Night Shelter. Maximum residents seven with one bag per resident. Open sleeping areas of three rooms; two with two beds, one with three beds. No doors on bedrooms. All prescribed medications to be locked in the office and taken as prescribed in the presence of the staff member on duty and recorded. No alcohol or non-prescribed substances allowed on the premises. Initial plan for up to two weeks stay with the requirement to meet the Women's Night Shelter Worker within the first week to establish an on-going plan around their care and accommodation (at present we have 10hrs pw only as social work cover). It is a condition of staying that residents bank \$60.00 per week. Savings available when the woman leaves. All savings to be made at the Christchurch City Mission through the Mission Budget worker. No monies held on site.

Christchurch City Mission - Wahine Whai Ora - Women's day programme

Phone: 371 0613
Mail: PO Box 1032, Christchurch 8011
Email: judy@citymission.org.nz
Website: www.citymission.org.nz
Address: 276-284 Hereford Street, Christchurch
Information: Provide women with a safe, supportive environment. Information and education. Assessment and referral service. Individually planned recovery programmes. Alcohol and drug counselling services. Group Sessions, skills development activities. Service available for all women who have issues with their own or another's alcohol or other drug use of misuse.

Christchurch City Mission - Men's day programme

Phone: 365 0635
Fax: 366 7100
Mail: PO Box 1032, Christchurch 8140
Email: phil@citymission.org.nz
Website: www.chchcitymission.org.nz
Address: 276-284 Hereford Street, Christchurch
Information: Open Monday and Wednesday 10:00am to 11:30am with a group going to our community gardens at 9:00am. Also open Tuesday, Thursday and Friday 10:00am to 3:00pm

Christchurch City Mission - Youth Drug & Alcohol Counselling Service

Phone: 371 0602 / 371 2161
Fax: 366 7100
Mail: PO Box 1032, Christchurch 8140
Email: sally.b@citymission.org.nz or BrianJ@citymission.org.nz
Website: www.citymission.org.nz
Address: 276- 284 Hereford Street, Christchurch
Information: For people aged 13-23 years. Community based. Provides brief interventions and assessment for treatment if required. Ongoing counselling, education and relapse prevention. Motivational interviewing, cognitive behaviour, depression and/or behavioural issues as a result of alcohol/drug use.

Christchurch Methodist Mission

Phone: 375 1470
Fax: 352 3398
Mail: PO Box 5416, Papanui, Christchurch 8542
Email: info@mmsi.org.nz
Website: www.mmsi.org.nz
Information: Budgeting, Advocacy and Earthquake Support Coordination service. Home based Social work/Psychology service to families with children 0-13. Child counselling. Parenting programmes, including a programme for parents whose children are in the care of CYF. Children's Social Skills groups. Support services within schools. Early childhood education with Whanau support. Elder care services. Community Housing. Community Development. Hours: 8.30am to 5pm Monday to Friday.

Christchurch Resettlement Services

Phone: 335 0311 ext 29
Fax: 335 0312
Mail: PO Box 9062, Tower Junction, Christchurch 8149
Email: admin@crs.org.nz
Website: www.crs.org.nz
Address: Level 1/283 Lincoln Road, Christchurch
Information: Professional resettlement services for people from refugee and migrant backgrounds: social work; ongoing orientation in ESOL; youth services and health promotion. Open: Monday to Friday 9.00 - 4.00pm.

Aviva (Formerly Christchurch Women's Refuge)

Phone: 0800 AVIVA NOW (0800 28482 669) 24hr
Fax: 377 2847
Email: enquiries@avivafamilies.org.nz
Website: www.avivafamilies.org.nz
Information: 24-hour free phone support and information, individual safety assessment and plan to help keep you safe, ongoing one on one support for you and your children, advice and information on legal, health and financial issues, access to support from other agencies and services, temporary accommodation for those needing emotional and physical refuge, help applying for a Protection Order, shine safe@home home security improvement for those at risk of repeat family violence, 10 week Ministry of Justice approved education programme (individual or group) designed to help rebuild self esteem and empower you to embrace change and develop healthy relationships, specialist peer support from women who have themselves overcome family violence, reach out Men's service, no interest loans of up to \$2000 for those who meet the criteria

Comcare - Housing Services - Emergency Accommodation

Phone: 377 7020
Fax: 961 0794
Mail: PO Box 22 004, High Street, Christchurch 8142
Email: enquiries@comcare.org.nz
Information: Emergency accommodation for people experiencing mental illness and addiction and assistance in finding longer term housing. Criteria: Direct referral from Hillmorton Hospital social workers or Mental Health Case Manager. Support with: accessing housing, benefits, power, phone and access to other mental health and addiction agencies. Age range: 18 and over. Open: Monday to Friday 8:30 am - 5:00pm.

Comcare - Housing Services - Home Rescue

Phone: 377 7020
Fax: 961 0794
Mail: PO Box 22 004, High Street, Christchurch 8142
Email: enquiries@comcare.org.nz
Information: Support for people who experience mental illness and addiction who live in the community and find their housing is under threat. Support with: mediating with Landlord, Work and Income, bank or others, spring clean or garden clean up, arranging temporary care of pets, advocating on tenancy, legal or financial issues and problem solving. Age range: 18 and over. Referrals from Clinical Case Manager. Open: Monday to Friday 8:30am to 5:00pm

Comcare - Housing Services - Housing Facilitation and AOD Housing Service

Phone: 377 7020
Fax: 961 0794
Mail: PO Box 22 004, High Street, Christchurch 8142
Email: enquiries@comcare.org.nz
Information: Support in finding housing for people who experience mental illness and addiction. Support with: sourcing flats in the private market, or referrals to City Housing, HNZ or Comcare Trust Housing. Support with benefits, power, phone and furnishing flats. Age range: 18 and over. Referrals from Clinical Case Manager or Alcohol and Drug Treatment agencies. Open: Monday to Friday 8:30am to 5:00pm.

Community Law Canterbury

Phone: 366 6870 or FreePhone 0508 226 529
Fax: 03 341 7586
Mail: PO Box 2912, Christchurch 8140
Email: admin@canlaw.org.nz
Website: www.communitylaw.org.nz
Address: 198 Montreal Street
Information: Free legal information, advice and education relating to ACC, Consumer, Criminal, Employment, Family, Tenancy, Health and Youth Law. Appointments are available Monday to Thursday in the daytime. Drop in services are available Monday, Tuesday and Thursday evenings and Saturday mornings.

Consumer & Advocacy Services @MHAPS (Mental Health Advocacy and Peer Support)

Phone: 366 8288
Fax: 366 8276
Mail: Po Box 33 332, Christchurch 8244
Email: Mgr.cas@mhaps.org.nz
Address: 826 Colombo St @ Peterborough St Christchurch
Information: Provide advocacy and peer support for consumers of mental health services in Canterbury. Age range: 18 and over. Open: Monday to Friday 9am to 4pm

Delta Community Support Trust

Phone: 389 0212
Mail: PO Box 26 091, Christchurch 8148
Email: tony@deltatrust.org.nz
Website: www.deltatrust.org.nz
Address: 105 North Avon Rd, Richmond
Information: Foodbank: Monday, Wednesday and Friday 10am to 2pm. Café: Monday and Wednesday 10am to 1pm. Community Meal: Fridays at 12 midday - \$3. Advocacy and support available; various empowerment courses available, usually Tuesday or Thursday (all free). Cultural Worker (Mon, Wed & Fri) who oversees 3 ESOL groups and a playgroup, for refugees and migrants, and is available to assist individuals and families (Ph 389 0219). Friendship Link: a service for people with intellectual disabilities, running up to 24 groups per month (Ph 389 0273); The Evergreen Club: a social day programme for senior citizens (Ph 960 3228). Public hours: 10am to 2pm Monday to Friday.

Depression Support Network

Phone: 366 8083
Mail: C/- Christchurch Community House, 113 Tuam Street, Christchurch 8011
Email: admin@dsn.org.nz
Website: www.depressionsupportnetwork.org.nz
Information: Depression Support Network provides peer support and advocacy for those affected by depression, or those supporting them. Hours of Operation: Monday to Friday 9am - 3pm.

Drug-Arm Christchurch

Phone: 03 327 8839 or 027 436 9925
Fax: 03 327 3146
Mail: PO Box 16869, Hornby, Christchurch 8441
Address: 106 Emmett Street, Shirley
Information: Alcohol & drug support and advice. Street Van Outreach - Wed and Sat nights 7.30pm - 9.00pm Latimer Square. Mobile Awareness and Support Service - 9.30am - 11.00am at Linwood Salvation Army Centre. Alcohol & Drug counseling and education by appointment - self, family or agency referrals welcome.

Familial Trust

Phone: 981 1093
Mail: 6 Wilsons Road, St Martins, Christchurch 8022
Email: info@familialtrust.org
Website: www.familialtrust.org
Information: Counselling, support and education for those affected by another's addiction. Open: Monday to Friday 9.00 - 5.00. Late night Wednesday til 8.30pm

Family & Community - Anglican Care - Hei Hei Broomfield Development Project

Phone: 342 5864
Fax: 342 5864
Mail: 126 Hei Hei Road, Hei Hei, Christchurch 8042
Email: heiheibcd@xtra.co.nz
Information: Advocacy services; one-to-one consultations; referrals; craft group; cooking group; variety group; walking group; gentle exercise; monthly community lunch; Wool Gatherers Group; Men's Group; and Community Energy Action drop-in centre the church, corner Hei Hei and Buchanans Road. Open: Monday - Thursday 9:00am - 3:30pm with last Friday of every month offering a FREE community lunch.

Linwood Resource Centre and Community Gardens

Phone: 981 5594 or 0220620733
Mail: 332 Linwood Avenue, Linwood, Christchurch 8062
Email: mona.linwoodresource@accd.org.nz
Address: 332 Linwood Ave, Linwood
Information: Individual & family support; Advice and guidance; Deliver courses and workshops - Garden Group 10am - 11.30am Tuesdays fortnightly, Share and Sew 1pm - 2.30pm Tuesdays fortnightly, Art Group 12.30pm - 2pm Fridays fortnightly; Free garden plots for community; Linwood Men's Shed; Room hire; Fruit & Veggie Co-op; Volunteer opportunities; A safe space to meet new people.

Manuka Cottage Addington Community House

Phone: 338 1613
Fax: 338 1613
Mail: PO Box 33025, Barrington
Address: St Mary's Church, Church Square, Addington
Email: manukacottage@clear.net.nz
Information: A Community Development Hub to address the current needs of Addington, end isolation, to help develop a healthy community where one lives, works and plays! Pop in for a cuppa; community lunch; Fruit & Vege Co-op; Café etc; Activities, Projects and Groups for individuals and families. Plus Family Community Development worker (for relationship, parenting and advocacy support); Monday - Thursday 10am - 1:00pm.

0508 HERE4U Pregnancy Centre

Phone: 351 3227 (or After Hours 0508 437348)
Mail: 88 Idris Road, Bryndwr, Christchurch 8052
Email: pregcentrechch@xtra.co.nz
Information: Service for women/couples with a crisis pregnancy. Free pregnancy tests, confidential, support to work through options, follow-up through pregnancy/post-birth period. Also provide material support, counselling, mothers group and tuition in Natural Fertility. Open: Monday to Friday 9.45am - 4.00pm or by appointment.

Christchurch Family Planning Clinic

Phone: 379 0514
Fax: 379 7860
Mail: 9 Washington Way, Christchurch 8011
Email: national@familyplanning.org.nz
Website: www.familyplanning.org.nz
Address: 9 Washington Way, Christchurch
Information: STI testing and treatment; Contraception; Pregnancy testing and referral; Cervical smear tests; Menopause; Vasectomy. Ask for an appointment online. Drop in appointments available. Under 22s free; Community Services Card holders \$5. Check website for clinic hours.

Hornby Heartlands Family Planning Clinic

Phone: 379 0514
Fax: 379 7860
Mail: 9 Washington Way, Christchurch 8011
Email: national@familyplanning.org.nz
Website: www.familyplanning.org.nz
Address: 25 Shands Road, Hornby. The clinic is located inside the WINZ building and ID is required to enter the building.
Information: STI testing and treatment; Contraception; Pregnancy testing and referral; Cervical smear tests; Menopause services. Under 22s free; Community Services Card holders \$5. Monday afternoons only. Check website for clinic hours.

Father & Child Trust

Phone: 03 982 2440
Mail: PO Box 26 040, Northa Avon, Christchurch 8148
Email: info@fatherandchild.org.nz
Website: www.fatherandchild.org.nz www.teendads.org.nz
Address: Flat 1/369 Hereford Street, Christchurch
Information: Help for all fathers and new dads; support for fathers going through custodial issues; support network for dads; teen dads worker available; advocacy; and referrals. Open Monday to Friday 10am to 2pm.

Fijian Social Services Trust

Phone: 942 9498
Fax: 9429490
Mail: 40 Hillary Crescent, Upper Riccarton, Christchurch 8041
Email: fiji.social.services@paradise.net.nz
Address: 40 Hillary Crescent, Upper Riccarton
Information: Programmes and services include: OSCAR After School & School Holiday programmes, Life Skills, S.K.I.P parenting and Fijian language nest, Culture group, Women's Project, Adult Education, Community Support/neighbourhood gatherings, Translation, Cultural training etc.

Fuse Café - Shoreline Youth Trust

Phone: 326 7467 or 021 842 299
Mail: 25 Wakefield Avenue, Sumner, Christchurch 8081
Email: info@fuse.org.nz
Address: 25 Wakefield Ave, Sumner
Information: Café set up for youth with activities available. Open: Thursday, 3:00pm - 6:00pm (year 7 to 9), and Friday 7:30pm till late (year 9 and up). Youth Centre all going well.

Habitat for Humanity

Phone: 420 4342
Mail: PO Box 7603, Sydenham, Christchurch, 8240
Email: office@habitat.org.nz
Website: www.habitat.org.nz
Address: 189 Waltham Road, Sydenham, Christchurch
Information: Habitat for Humanity builds housing for families who are currently living in sub-standard dwellings and who otherwise could not afford to own a home. Applicants are required to contribute 500 hours of labour in partnership with Habitat for Humanity.

Aranui Heartlands

Phone: 964 9061
Fax: 963 7076
Mail: PO Box 15 036, Aranui, Christchurch 8643
Email: heartlands@actis.org.nz
Website: www.actis.org.nz
Address: 45 Hampshire St, Aranui
Informations: Maori Land court - last Tuesday of month. Supergrans - Wednesday, Thursday and Friday 10am - 12 noon. Community Lay Tuesday 1.00pm - 1.30pm. Smoking Cessation Wednesday 10.00am - 12 noon. (Aranui Heartlands is based at the Aranui Community Trust. Monday to Friday 9.00am - 4.00pm.

Hornby Heartlands

Phone: 961 9248
Fax: 964 6176
Mail: PO Box 16 028, Christchurch 8441
Email: hornby@heartlandservices.govt.nz
Website: www.heartlandservices.govt.nz
Address: 25 Shands Road, Hornby
Information: There are many ways to access government and community organisations. But sometimes you just want to talk to someone, face to face, in your own community. That's exactly what Heartlands offers, a range of FREE services i.e. Legal advice, Budgeting Services, Justice of Peace, Hearing Clinic, Green Prescription, Community and Neighbourhood (CAN) support, Pegasus Community Worker, NZ Red Cross etc.

Hepatitis C Resource Centre

Phone: 366 3608, 027 4366066 or 0800 224 372
Mail: Po Box 10 354, Sydenham Christchurch 8145
Email: hcv@xtra.co.nz
Address: 74 Hawdon St, Sydenham
Information: Information and educational resources/seminars regarding Hepatitis C for those affected, social service agencies, and health professionals; counselling pre- and post-test; support and advocacy for people affected by Hepatitis C; support for people receiving treatment; and monthly support group on the first Thursday of every month at 7.30pm. Open: Monday to Friday 9.00am - 4.00pm. 0800 Helpline; 24 hours a day, 7 days a week.

Hereford Centre

Phone: 335 4500
Fax: 377 1624
Mail: PO Box 4733, Building 9, Hillmorton Hospital, Christchurch 8024
Information: We use a model called assertive engagement, which is a way of working with anyone who might struggle to keep up their contact with mental health services. Referrals come from Community Mental Health case managers. Once accepted by us you will be given an individual case manager to work with you while you are in this service. When your issues have resolved you will return to your Community Mental health team who will work with you in your ongoing recovery. Hours 8.30.5pm Mon--Sunday

He Waka Tapu

Phone: 373 8150
Fax: 381 3207
Mail: PO Box 15037, Aranui, Christchurch 8643
Email: reception@hewakatapu.org.nz
Website: www.hewakatapu.org.nz
Address: 161 Pages Road, Christchurch
Information: Maori Health and Social Service programme increasing the health and wellbeing of Whanau by reducing violence and abusive behaviour. Counselling for: parenting issues, alcohol and other drugs (supported accommodation and day programme). Women's health education and Whanau ora health service (with registered nurse and health promoters). Open: Monday to Friday 9.00am - 5.00pm.

Home & Family Society - Counselling Service

Phone: 944 0635
Mail: PO Box 287, Christchurch 8140
Email: contact@homeandfamily.net.nz
Website: www.homeandfamily.net.nz
Address: 316 Hereford St, Christchurch
Information: At Home & Family it is our mission 'to create environments for positive change'. We are proud to support children and young people, adults, families and couples through counselling, offering a professional and affordable service. We look at our counselling service as a 'pathway to healing'.

Home & Family Society - Residential Parenting Programme

Phone: 944 0635
Mail: PO Box 287, Christchurch 8140
Email: contact@homeandfamily.net.nz
Website: www.homeandfamily.net.nz
Address: 316 Hereford St, Christchurch
Information: At Home & Family it is our mission 'to create environments for positive change'. Our residential parenting programme allows parents gain the skills needed to safely and effectively care for their children through 24 hour supported accommodation.

The Housing for Women Trust

Phone: 377 2145
Mail: PO Box 26 139, North Avon, Christchurch 8148
Email: housingforwomen@xtra.co.nz
Website: www.housingforwomen.org
Address: Urban Star House 2/283 Barbadoes St, Christchurch Central 8148
Information: Provision of housing for women (with or without children) on low income with significant housing needs. Rents well below market rates. Short to long term. Information and advice on all housing issues including tenancies, emergency and alternative accommodation, Housing New Zealand and City Housing. Some practical assistance such as free woollen blankets, Community Energy Action Curtain Bank vouchers. Monday to Friday 10am - 3pm. We are not always in the office, so please phone to make an appointment.

Housing NZ Linwood Community Link

Phone: 0800 801 601 (24hr 7 days a week - free on cell phones)
Mail: PO Box 24 181, Linwood, Christchurch 8642
Website: www.hnzc.co.nz
Information: Long-term rental housing for people on low incomes; case management service for people with complex needs and a suitable homes service for individuals with physical disabilities. 0800 number: 24 hours, 7 days a week - free on cell phones.

Housing NZ Papanui

Phone: 0800 801 601 (24hr 7 days a week - free on cell phones)
Mail: PO Box 5116, Papanui, Christchurch 8542
Website: www.hnzc.co.nz
Information: Long-term rental housing for people on low incomes; case management service for people with complex needs and a suitable homes service for individuals with physical disabilities. 0800 number: 24 hours, 7 days a week - free on cell phones.

Howard League for Penal Reform

Phone: 377 0313
Fax: 377 0313
Email: info@howardleague.org.nz
Website: www.howardleague.co.nz
Information: Information about crime and punishment; advocacy work on behalf of prisoners; advocacy for penal reform. Open; Monday to Friday 10.30am - 3.30pm.

Kennedy Detox Unit - Hillmorton Hospital

Phone: 339 1139
fax: 339 1142
Mail: PO Box 4733, Christchurch 8140
Email: kennedy.unit@cdhb.govt.nz
Information: Six bed regional medical detox unit for people with drug and alcohol addictions who have had an alcohol and/or drug assessment. Access via Alcohol and Drug Assessment Services. Age range: 17 - 65. Open: 24 hours, 7 days a week.

Kingdom Clinic Medical Centre

Phone: 982 0168
Fax: 982 0169
Mail: 413 Cashel St, Christchurch 8011
Address: 413 Cashel St, Christchurch
Information: Low-cost medical care for enrolled patients with Community Services Cards; other health and welfare services. Children under 13 - Free, \$12 for 13-17 year olds, \$17.50 for 18+ years (Payment due at time of consult). Appointments necessary. Open: Monday, Tuesday & Thursday 9.00am - 5.00pm and Wednesday & Friday 9.00am - 1.00pm.

Kingdom Resources

Phone: 332 1700
Fax: 332 1600
Mail: PO Box 33 285, Christchurch 8244
Email: kr@kingdomresources.org.nz
Website: www.kingdomresources.org.nz
Address: Addington Mall, 300 Lincoln Rd Addington
Information: Budget Advice, "Beat the Budget Blues" budgeting skills course; pre-employment courses for men and women; and one to one employment coaching. Open: Monday to Friday 8.30am to 5pm

Latnam 826

Phone: 379 9228
Mail: PO Box 33 332, Christchurch 8244
Email: Latnamhouse@mhaps.org.nz
Address: 826 Colombo Street
Information: Latnam House Drop-in centre for consumers of mental health or addictions services. Must become a member (free) and have verification of consumer status. Age range: 18 and over. Open: Friday to Tuesday, 12 noon to 4pm. Peer support, computers, snooker, TV, DVD, Washing machine and shower.

Lalaga - Drop in for Pacific Island Consumers @ MHAPS

Phone: 379 9882
Mail: PO Box 33 332, Christchurch 8244
Email: Latnamhouse@mhaps.org.nz
Address: 449 Colombo Street, Sydenham
Information: Lalaga is a programme run in collaboration with Pacific Trust for consumers of mental health or addiction services who identify as Pacific Islanders. Must become a member (free) and have verification of consumer status. Age range: 18 and over. Open: Wednesday, 10am to 2pm. Peer support, fitness programmes, culture programmes, computers, snooker, TV, DVD, washing machine and shower.

Compensation Advisory Services Ltd (Life Links)

Phone: 365 9593
Fax: 365 5244
Mail: PO Box 2379, Christchurch Mail Centre, Christchurch 8140
Email: office@lifelinks.co.nz
Website: www.lifelinks.co.nz
Address: 191 Woodham Road, Linwood
Information: Lifelinks works with people in an advisory or assessment role and cover all disabilities (0-65) with the exception of Age-related and is run on the Whanau Principle. Hours of Operation: Mon - Fri 8:30am - 5:30pm.

Linwood Ave Community Corner Trust

Phone: 389 5303
Fax: 980 9827
Mail: 378 Linwood Avenue, Linwood, Christchurch 8062
Email: linunion@xtra.co.nz
Information: Food bank for residents of Linwood area, Monday to Friday 9:00am - 12pm (need Community Services Card, ID and confirmation of applicant's Linwood address); free counselling Monday to Thursday 9am - 3pm; budgeting advice (by appointment); advocacy; lunch - Wednesday 12 noon - 1pm (\$3); craft groups; Tai Chi (ring for bookings); walking group; gentle exercise; Friendship club; Music and Movement; open house, Scrabble, games etc. Open: Monday to Friday 9am - 12pm.

Linwood Community House

Phone: 389 0009
Mail: PO Box 24 186, Linwood, Christchurch 8642
Address: 223a Linwood Ave, Christchurch
Information: Drop-in Monday to Friday 9:30am - 12 noon; cuppa; information; support; referrals; low cost courses (\$2 per session); and coffee mornings with guest speakers. Community organisation run by the community for the community.

Male Survivors of Sexual Abuse Trust

Phone: 377 6747 or 027 353 3854
Fax: 366 8535
Mail: PO Box 22 363, Christchurch 8140
Email: mssat@survivor.org.nz
Website: www.survivor.org.nz
Information: Advocacy; one-to-one counselling; peer support; peer support groups; workshops; access to ACC counsellors; community educator and youth worker. Confidentiality assured. Support for partners, caregivers and parents. Open: Monday to Friday 9am - 5pm.

Mental Health Education & Resource Centre

Phone: 365 5344
Mail: PO Box 32 035, Linwood, Christchurch 8147
Email: admin@mherc.org.nz
Website: www.mherc.org.nz
Address: 116 Marshland Road, Shirley, Christchurch 8061
Information: FREE Mental Health library for people in Canterbury; training and support to community mental health organisations; referrals; education and information. Mental Health Directory available \$10 per copy. Open: Monday to Friday 9:00am - 4:30pm.

MHAPS Mental Health Advocacy and Peer Support

Phone: 365 9479 or 379 9228 (Drop-in Centre) or 022 3708055 or 027 372 7741 or free phone: 0800 437 324
Fax: 366 8276
Mail: PO Box 33 332, Christchurch 8244
Email: reception@mhaps.org.nz
Address: 826 Colomobo Street, Corner of Colombo and Peterborough Streets, Christchurch. Latnam House Drop-in Centre 449 Colombo Street, Sydenham, Christchurch.
Information: Provide mental health advocacy and peer support, a drop-in centre with showers and laundry, other mental health support (both courses and groups) such as Bi-polar, anxiety and depression support as well as alcohol/drug addiction advocacy and peer support. Age range: 18 and over. Main office open: Monday-Friday 9:15am-4pm. Drop-in Centre open: Friday-Tuesday noon-4pm (ie Closed Thursdays and Fridays).

Narcotics Anonymous

Phone: 0800 628 623
Mail: PO Box 26 002, Christchurch 8148
Email: sasc@nzna.org
Website: www.nzna.org
Information: If using drugs is causing problems in your life maybe NA can help. NA is made up of addicts who are trying to help each other recover from using drugs and make changes their lives. There are two types of meetings: open to the general public and those closed to the public (for addicts only). Check out the meetings list link on our website to find a meeting that you would like to attend.

Nationwide Health & Disability Service

Phone: 377 7501 or 0800 555 050
Free Fax: 0800 2787 7678
Mail: PO Box 1307, Christchurch 8140
Email: advocacy@hdc.org.nz
Information: Free, confidential advocacy service for anyone who has a problem with a health service or provider. Open: Monday to Friday 8:30am - 5:00pm. 24 hour (0800) answer service. Note: Not a Crisis Line.

Needle Exchange - Rodger Wright Centre - City

Phone: 365 2293
Fax: 365 2508
Mail: PO Box 22 478, Christchurch 8142
Email: admin@rwc.org
Website: www.rwc.org.nz
Address: 10 Washington Way, Christchurch
Information: Needle exchange service; education; support; referrals for users and Whanau; and education for community organisations in harm reduction and drug/methadone destigmatisation. Harm reduction kits and peer outreach service to the West Coast. Age range: 16 and over. Open: Monday to Friday 9.00am - 10.00pm, Saturday 11.00am - 10.00pm, Sunday 12 noon - 10pm, public holidays 12 noon - 8.00pm.

Needle Exchange - Rodger Wright Centre - New Brighton

Phone: 388 0726
Fax: 388 0726
Mail: 108 Seaview Road, New Brighton, Christchurch 8061
Email: nbrwc@xtra.co.nz
Website: www.rwc.org.nz
Information: Needle exchange service; education; support; referrals for users and Whanau; and education for community organisations in harm reduction and drug/methadone destigmatisation. Harm reduction kits. Age range: 16 and over. Open: Monday to Friday 10:00am - 7:00pm, Saturday 11:00am - 4:00pm.

Neighbourhood Trust

Phone: 355 6522
Mail: PO Box 21 179, Edgeware, Christchurch 8143
Email: ginny@nht.org.nz
Website: www.nht.org.nz
Address: 64 McFaddens Rd, St. Albans, Christchurch
Information: Neighbourhood Trust is the community arm of St Albans Baptist Church, providing a range of services in the Mairehau/Shirley/St Albans area of Christchurch. Is it not able to assist with accommodation, but offers free or low cost support options, such as accessing budgeting advice and assistance with Work & Income. Programme for over 55s running every Wednesday. Parenting courses and activities. Pilates and circuits classes. Adult literacy & numeracy; ESOL assistance. Open: 9am – 5pm Monday to Friday.

New Brighton Community Gardens

Phone: 388 6506
Mail: 136 Shaw Avenue, New Brighton, Christchurch 8083
Email: nbgardens@xtra.co.nz
Website: www.nbgardens.org.nz
Information: A community garden at Rawhiti Domain, New Brighton, Christchurch. Anyone can come and garden at the gardens for as little or as long as they want. If visitors work for 2 hours a week at the gardens, they get free veges. Opening hours are 10am to 4pm on Mondays, Wednesdays and Fridays, and now Saturdays 10am to 2pm.

New Zealand AIDS Foundation

Phone: 379 1953
Fax: 365 2477
Mail: PO Box 13 618, Armagh Street, Christchurch 8141
Email: tetoka@nzaf.org.nz
Website: www.nzaf.org.nz www.FASTest.co.nz
Address: 253 Cashel Street, Christchurch

New Zealand AIDS Foundation Hotline - 24 Hours

Phone: 0800 802 437
Mail: PO Box 6663, Wellesley Street, Ponsonby, Auckland 1141
Website: www.nzaf.org.nz

New Zealand Prostitutes Collective

Phone: 365 2595
Fax: 374 4100
Mail: 157 Waltham Rd (nr Brougham St), Sydenham Christchurch 8023
Email: nzpcch@xtra.co.nz
Website: www.nzpc.org.nz
Information: Promotes and advocates the rights, health and wellbeing of all sex industry workers: support and a friendly environment at drop-in centre (157 Waltham Rd, near Brougham St, 10am - 5pm); information on the law and sex work; information on tax; magazines for all sex workers; condoms; water-based lube and other safer sex products; needle exchange programme; free sexual health check-ups; referral service to sympathetic counsellors and other complementary agencies; and support for sex workers seeking other options.

Nova Lodge Trust

Phone: 349 2053 or 349 2055 (clients)
Fax: 349 2054
Mail: PO Box 23 010, Christchurch 8445
Email: ceo@novatrust.org.nz
Address: 43 Newtons Rd, Templeton, Christchurch
Information: 6 month residential, work orientated, drug and alcohol rehabilitation centre. Criteria: need to have a comprehensive alcohol and drug assessment; a long history of dependence; attended other treatment programmes; and been unable to remain alcohol/drug free. All clients admitted under the Alcohol and Drug Addiction Act. Agency referral. Age range: 30 and over. Office hours: Monday to Thursday 7:30am - 4:00pm, Friday 7:30am - 2:00pm.

Oasis Centre for Problem Gambling

Phone: 365 3659
Fax: 365 7585
Mail: PO Box 9070, Christchurch 8149
Email: oasisch@xtra.co.nz
Website: www.oasiscentre.org.nz
Address: 126 Bealey Ave, Christchurch
Information: Free counselling for people affected by their own or someone else's gambling. Open: Mon, Tues, Wed, Fri 9:00am - 5:00pm, Thurs 9:00am - 8:00pm. Oasis also runs clinics in Ashburton, Kaiapoi and Rangiora. Contact the Christchurch office for appointments.

Odyssey House - Men's Residential

Phone: 358 2690
Fax: 258 2907
Mail: PO Box 34 009, Christchurch 8540
Email: odessey.trust.chch@clear.net.nz
Address: 98 Greers Road, Burnside, Christchurch
Information: 12-18 month residential therapeutic programme for men with drug, alcohol and gambling issues. Drug and alcohol assessment required. Agency referral. Age range: 18 and over. Office hours: Monday to Friday 9:00am - 5:00pm.

Odyssey House - Youth Day Programme

Phone: 358 2690 or 027 230 4393
Fax: 358 2907
Mail: PO Box 34 009, Burnside, Christchurch 8540
Email: odyssey.youth.serv@clear.net.nz
Website: www.odysseychch.org.nz
Address: 98 Greers Road, Burnside, Christchurch
Information: Therapeutic day programme for youth (male and female) with drug and/or alcohol issues. Age range: 14-18. Open: 9:00am - 3:00pm. Odyssey now also has a 4-6 month residential youth programme for 14-18 year old males or females with drug or alcohol issues. Drug and Alcohol assessment required.

Odyssey House - Youth Residential

Phone: 358 2690
Fax: 358 2907
Mail: PO Box 34 009, Burnside, Christchurch 8540
Email: odyssey.youth.serv@clear.net.nz
Website: www.odysseychch.org.nz
Address: 98 Greers Road, Burnside, Christchurch
Information: 6-12 month residential therapeutic programme for male and female youth with drug, alcohol and gambling issues. Need to have had a drug and alcohol assessment. Agency referral. Age range: 14-18. Office hours: Monday to Friday 9:00am - 5:00pm.

Opawa Community Church

Phone: 337 0092
Fax: 337 0092
Mail: 158 Opawa Road, Community House, Opawa, Christchurch 8022
Email: opawacc@xtra.co.nz
Address: 158 Opawa Road, Christchurch
Information: Op Shop open Tuesday, Wednesday and Thursday 11am – 4pm; small food bank (no perishable goods); Community Garden (swap veges for time in the garden on Saturday 10am – 1pm or Wednesday 1pm – 3pm). Church Sunday morning 10am in Opawa School Hall (pending church rebuild which is currently underway).

Open Home Foundation

Phone: 366 5977
Fax: 365 5628
Mail: PO Box 7455, Sydenham, Christchurch 8240
Email: Mark.Johnstone@ohf.org.nz
Website: www.ohf.org.nz
Address: Level 1 370 Colombo Street, Sydenham
Information: We can assist any family/Whanau with children and young people aged between 0 and 17 years of age who are in need of support. For example family/Whanau who are: finding it difficult to provide stable and nurturing care for their children and young people; Seeking assistance with their parenting skills; In need of assistance to care for their children or young person; Finding it difficult to manage a child or young person with behavioural difficulties; In situations where violence is impacting on the wellbeing or safety of their children or young people; Suffering from stress which is impacting on their ability to provide care for their children; Experiencing health problems which are impacting on their family situation; Needing respite care for children/young people with an Autistic Spectrum Disorder and an intellectual disability. Open: Monday to Friday 8.30am to 5pm.

Otautahi Women's Refuge

Phone: 0800 117 474 (24hr crisis line) or 379 6910
Mail: PO Box 13299, Christchurch 8141
Email: owr@xtra.co.nz
Information: Safe accommodation for women and children escaping domestic violence that is immediate and imminent.

Oxford Terrace Baptist Church

Phone: 379 5996
Mail: PO Box 13 560, Christchurch 8141
Email: office@otbc.org.nz
Website: www.otbc.org.nz
Address: 288 Oxford Terrace, Christchurch
Information: Friday night drop-in centre 7:00pm - 9:30pm for supper, pool, cards and hats. Mainly Music Tuesday's 10am during term times.

Overeaters Anonymous

Phone: 03 365 3812
Mail: PO Box 2451, Christchurch 8140
Email: oacanterbury@yahoo.co.nz
Information: OA is a twelve step programme for men and women who support each other in solving their common problem of compulsive eating including anorexia, bulimia, obesity and overeating.

Pacific Trust Canterbury

Phone: 366 3900
Fax: 366 3901
Mail: PO Box 13285, Christchurch 8141
Email: info@pacifictrust.co.nz
Website: www.pacifictrust.co.nz
Address: Trust: 187 Montreal Street, Christchurch
Clinic: 173 Montreal Street, Christchurch
Information: Services: Community Primary Health (including Well Child Health, Ola O Aiga, Outreach Immunisation, Engaging Priority Families, Pasifika Supported Playgroup, Smoking Cessation, Pasifika Nutrition and Physical Activity, SIA Partnership Community Work), Social Work, Mental Health & Addiction, Whānau Ora, Community Development, Earthquake Support Coordination and the Pacific Health Clinic (need to enrol in person to access services. Clinic is free for under 18s, subsidised charge for adults). Trust opening hours: Monday to Friday, 8:30am to 5:00pm. Clinic opening hours: Monday to Friday, 8:30am to 5:00pm (late nights Tuesday and Thursday, 8:30am to 7:00pm)

Papanui Baptist Freedom Trust

Phone: 03 352 4227
Fax: 03 028 2550 6120
Mail: 144 Sawyers Arms Road, Christchurch 8052
Email: papbapfreedom@gmail.com
Website: www.papbap.org.nz/freedom-trust
Address: 144 Sawyers Arms Road, Papanui
Information: Community support, advocacy, advice, practical and pastoral support, home and hospital visits. Food bank deliveries (in co-operation with 0800 Hungry), Foot Clinic, Community Lunch, Creative Sewing, Mainly Music, Card & Board Games.

Prisoners Aid and Rehabilitation Society

Phone: 371 9183 or 0800 727 754
Fax: 371 9816
Mail: PO Box 7697, Christchurch 8240
Email: officeadmin@prisonersaidnz.org.nz
Address: 301 Tuam Street, Christchurch 8011

Information: Support to families about the prison system, including assistance for children to visit: transport for parole hearings, prison visiting, penpals and helping people who have been deported from Australia to reintegrate.

Pathway Trust

Phone: 03 982 1952
Fax: 03 494 066
Email: admin@pathway.co.nz
Website: www.pathway.co.nz
Address: Unit 1 89 Vickers Rd, Christchurch
Information: Accommodation - Short to medium term for those in need or seeking space to refresh themselves. Open Monday to Friday 9am to 5pm.

Phillipstown Community Centre

Phone: 379 3256
Mail: PO Box 10-181, Christchurch, 8145
Email: phillipstown@xtra.co.nz
Website: www.phillipstown.org.nz
Address: Room 2, 39 Nursery Road, Phillipstown
Information: Advocacy; information; support; referrals; telephone, computer & internet, photocopier, printer, laminator; Partnership Community Worker to help with health-related issues; help with CVs, letter writing etc; OSCAR programs (breakfast club, after school, holidays); leisure group for older adults; fruit and vegetable co-operative. Open: Monday – Friday 9am-5.30pm.

Phillipstown Community Hub/Te Whare Whanau Whanui

Phone: 595 2023 or 020406 91419
Mail: PO Box 10-181 Christchurch 8145
Email: phillipstownhub@gmail.com
Website: www.phillipstown.org.nz
Address: 39 Nursery Road, Phillipstown
Information: The Phillipstown Community Hub/Te Whare Whanau Whanui, on the site of the former Phillipstown Primary School, is a collection of community focussed groups (Phillipstown Community Centre, Otautahi Creative Spaces, MP Pottery Group, The Muse, ICECycles, Canterbury Refugee Council, Canterbury Youth Development Program) offering a wide variety of engagement and activities to Christchurch people. Many groups meet here days/evenings/weekends. Several community lounges are available for hire. Further information is available at our website or contact us by email or phone, details above, or the Community Centre, 379 3256 or phillipstown@xtra.co.nz.

PILLARS

Phone: 0508 745527 (PILLARS)
Fax: 03 377 3991
Mail: PO Box 21-209, Christchurch 8143
Email: enquiries@pillars.org.nz
Website: www.pillars.org.nz www.justus.org.nz www.invisible-children.co.nz
Address: 136 Springfield Rd, Christchurch
Information: Supporting children and their families of prisoners – Family/Whanau Programme (Social Work support) Mentoring for children of prisoners. 0508 help line. Open Monday to Friday 9.30am to 5pm.

Pregnancy Counselling Services

Phone: 0800 773 462 / 338 3057
Mail: PO Box 4278, Christchurch 8140
Email: pcsnao@gmail.com
Website: www.pregnancycounselling.org.nz
Information: Pregnancy Counselling Services (PCS) provides friendly, non-judgmental, confidential and emotional support to women and their families during pregnancy. Their non-profit organisation provides information and practical help, so informed choices can be made. All Pregnancy counselling services are free. Trained pregnancy counsellors listen to clients in a caring manner, helping to find acceptable solutions in regards to: accommodation, material needs such as baby clothes and equipment, the arranging of financial assistance, legal aid as well as good medical and midwifery care, free pregnancy tests, continuing education, plus providing support with the stress and pressure often associated with the shock of an unplanned pregnancy. Face-to-face pregnancy counselling is offered at the PCS private rooms. PCS also assists with advocacy and support for women considering adoption. Post abortion counselling is also offered.

Pregnancy Help Canterbury

Phone: 03 385 0556
Fax: 03 385 0553
Mail: PO Box 24127, Eastgate, Christchurch 8642
Email: canterbury@pregnancyhelp.org.nz
Website: www.pregnancyhelp.org.nz
Address: 349 Woodham Road, Wainoni
Information: Drop In Centre offering free pregnancy tests; information and advice around options for pregnancy and other agencies/community organisations and groups in Christchurch that may be relevant; clothing from maternity-newborn baby-2 years old; equipment on loan (bassinets, highchairs and assorted baby items) depending on stock/donations; bedding for bassinets and cots. Lunch is provided on Thursdays during term time with a Depression Support Drop In co-facilitated by a Depression Support Network Peer Support worker who is on site from 10am-12 midday. Drop In Centre hours from 10am - 2:30pm Monday to Friday for a cuppa and a chat.

Presbyterian Support - Counselling, Social Work, Advocacy

Phone: 366 5472
Fax: 379 6235
Mail: PO Box 13 171, Christchurch 8141
Email: campbellc@psusi.org.nz
Address: 44 Bealey Ave, Christchurch
Information: Family Works - Counselling; advocacy; information; social work for young people aged 10-18 and their families/ caregivers/ Enliven Positive Ageing Service for older people and their families - advocacy; information; social work; group education; falls prevention and day programmes. Phone intake worker. 363 8214. People with alcohol/drug issues or sexual abuse issues are referred to specialist agencies. Hours 8.30am - 5.00pm Monday - Friday Tuesday til 8.00pm.

Presbyterian Support - Holly House

Phone: 385 6583
Fax: 385 6584
Mail: Po Box 13 171, Christchurch 8141
Email: holly_house@psusi.org.nz
Website: www.ps.org.nz/uppersouthisland
Address: 4 Crosby Street, Mairehau, Christchurch
Information: Supported accommodation for young mothers-to-be. Staffed: 24 hours, 7 days a week.

Problem Gambling Foundation of NZ

Phone: 379 2824 or 0800 664 262
Fax: 379 4334
Mail: PO Box 33 275, Barrington, Christchurch 8244
Email: pgf@pgfnz.org.nz
Website: www.pgfnz.org.nz
Address: 15A Stanley Street, Sydenham
Information: Free, confidential counselling service for anyone affected by problem gambling. Come alone or with support people. Asian Family Hotline 0800 862 342. Open Monday to Friday but please phone 0800 664 262 for an appointment.

Problem Gambling Foundation - Asian Family Services

Phone: 0800 862 342

Psychiatric Emergency Services (PES)

Phone: 0800 920 092 or 03 364 0640
Mail: PO Box 800, Christchurch 8140
Information: PES provides 24 hour crisis, urgent and emergency assessments for people of all ages experiencing mental health crisis including suicidality. Depending on people's needs, circumstances and level of crisis, services are provided at locations to ensure people's safety during a crisis 24hrs 7 days a week.

Pura Pura Whetu Trust

Phone: 379 8001
Fax: 379 8003
Mail: Level 1/ 166 St Asaph St, Christchurch 8011
Email: ivy@pw.maori.nz
Address: 1/166 St Asaph St, Christchurch
Information: Kaupapa Maori mental health service providing mental health assessments; therapeutic counselling; advocacy; mentoring; education/training; child, youth and family services; consumer rights; counselling and support from a kaupapa Maori perspective. Need a cultural assessment. Open: Monday to Friday 8:30am - 5:00pm.

Refugee Services Aotearoa NZ

Phone: 339 4269 or 339 0483
Mail: PO Box 9279, Tower Junction, Christchurch 8149
Email: Christchurch@refugeeservices.org.nz
Address: Level 1, 285 Lincoln Road, Addington
Information: Assist Quota refugees with their resettlement. Run a volunteer training programme, advice and advocacy, set-up in houses, support with benefits and immigration issues. Open: Monday to Friday 9:00am - 4:00pm.

Rehua Marae

Phone: 355 5615
Fax: 355 4964
Mail: PO Box 21 260, Edgware, Christchurch 8143
Email: hlatimer@rehuamarae.org.nz
Address: 79 Springfield Road, Christchurch
Information: Kaumatua services (day support, clinical nurse). Event management. Cultural experiences. Open: Monday to Friday 8:30am - 5:00pm

Richmond New Zealand Trust Limited

Phone: 371 5599
Fax: 331 6347
Mail: PO Box 2322, Christchurch 8140
Email: national@richmond.org.nz
Website: www.richmond.org.nz
Address: 115 Grange Street, Hillsborough
Information: Richmond New Zealand Trust Ltd provides a wide range of service options designed in the main for individuals with high and complex support requirements. The basis of our work is to deliver quality service that empower and support clients to achieve meaningful outcomes. Services are provided in various locations around New Zealand and include supported accommodation, community (home) based services, supported employment, services for people who are deaf and experience mental illness. Services include the following: Mobile Community Support Services - Provide a range of support options in a client's home to facilitate the development of life skills and achievement of client goals. Supported Accommodation Services - Support services for clients living in a residential setting as part of their recovery. Youth Service - Provide support for young people who have mental health diagnosis, or who require care, protection and support. Intellectual Disability Support Services - Provide supports to people who have an intellectual disability. The services are designed to help clients learn new skills and participate meaningfully in the community.

Richmond Fellowship NZ - Youth Services - Residential

Phone: 371 5599
Fax: 331 6347
Mail: PO Box 2322, Christchurch 8140
Email: national@richmond.org.nz
Website: www.richmond.org.nz
Address: 115 Grange Street, Hillsborough
Information: Residential support services for youth referred from other agencies. Need to have had a psychiatric assessment. Age range: 15-17. Office hours: Monday to Friday 9am - 5pm.

Rowley Resource Centre

Phone: 960 1776
Fax: 960 1786
Mail: 89 Rowley Avenue, Hoon Hay, Christchurch 8025
Email: rrc@paradise.net.nz
Information: Referrals, advocacy, consultation for resourcing and further support, community development programmes, free Adult literacy classes, computer classes, art and craft classes, stone carving, Men's Shed, Tough love, Youth groups sessions, Friday after school groups. Free services available: phone use, fax, internet, Small meeting space available. Office hours Mon-Thurs 9.00am-2.00pm

Salisbury Street Foundation

Phone: 355 9189
Fax: 355 9123
Mail: PO Box 36 174, Christchurch 8146
Email: liz.ross@salisburystreet.co.nz
Address: 15 St Albans St, Christchurch
Information: A safe residential programme located in suburban Christchurch for men on parole. Conditions: mandatory drug testing. Office hours: 8:00am - 5:00pm.

Salvation Army - Addington Supportive Accommodation for Men

Phone: 338 5154 (24 hr)
Mail: PO Box 9057, Addington, Christchurch 8149
Email: addington@nzf.salvationarmy.org.nz
Address: 62 Poulson St, Addington
Information: Night shelter and longer-term accommodation for men aged 18 - 65. Access interview on entry. Open: 24 hours, 7 days a week.

Salvation Army - Aranui

Phone: 388 1072
Fax: 382 9135
Mail: PO Box 15 107, Wainoni, Christchurch 8643
Email: aranui_corps@nzf.salvationarmy.org
Address: 34 Portsmouth St, Wainoni
Information: Chaplaincy Services; Food Bank: Mon, Wed and Fri only 10am to 12 noon (must be Aranui area residents; ID & WINZ letter required); Family Store Monday to Friday 10am to 2pm.

Salvation Army - Belfast Community Ministries

Phone: 323 8257
Fax: 3238257
Mail: PO Box 76034, Northwood, Christchurch
Email: belfast_corps@nzf.salvationarmy.org
Address: 794 Main North Road, Belfast
Information: Independent Living Units - 55. Food bank. Budgeting. Social worker. Church. Youth groups. Family stores (second hand goods). Open Monday to Friday 9am to 2pm and at various other times.

The Salvation Army Bridge Programme

Phone: 338 4436
Fax: 338 4312
Mail: PO Box 9070, Tower Junction, Christchurch 8149
Email: christchurch_bridge@nzf.salvationarmy.org
Address: 35 Collins Ave, Addington
Information: 6 to 8 week alcohol and drug treatment programme (not detox) for men and women. Intensive residential or daily treatment programme and outpatient counselling. Comprehensive alcohol and drug assessment required to access programme. Age range: 18 and over. Open: Monday to Friday 8am to 5pm

The Salvation Army Christchurch City Community Ministries

Phone: 366 8128
Mail: PO Box 1015, Christchurch 8140
Email: Christchurch_cm@nzf.salvationarmy.org
Address: Unit 9a, 166 Moorhouse Ave (by appointment, please ring first)
Information: Advocacy and support to explore options regarding benefits, housing etc., budgeting services, parenting skills, jobsearch skills, a variety of family support available, several groups run each term. Contact us for more details if we can help.

Salvation Army - Courts & Prison Officer

Phone: 377 0799
Fax: 377 3575
Mail: PO Box 25 207, Christchurch 8144
Email: southern_dhg@nzf.salvationarmy.org
Address: Level 2, 119 Wrights Road, Addington, Christchurch 8024
Information: Chaplaincy support; Free support for people and their families who come to court - this also includes victims; Assistance and support in court; Advocacy; referrals (when necessary); Help with finding accommodation (this is on a limited scale); Operating Hours; Mon - Fri 9am to 3.30pm

Salvation Army - Hornby Community Ministries

Phone: 349 6268
Fax: 344 5376
Mail: PO Box 16967, Hornby, Christchurch 8441
Email: hornby_corps@nzf.salvationarmy.org
Address: 23 Manurere Street, Chch 8042
Information: Chaplaincy support; Family mentoring programme; Budgeting (by appointment); Food Bank; Food & refreshments (Tue & Fri (Fri during winter only)). Centre hours are Mon-Wed & Fri 10am - 3pm.

Salvation Army - Linwood Community Ministries

Phone: 389 3723
Fax: 389 3723
Mail: 177 Linwood Avenue, Linwood, Christchurch 8011
Email: linwood_corps@nzf.salvationarmy.org
Information: Chaplaincy support; Food Bank: Mon to Fri 9.30am - 3.30pm (ID & WINZ letter required); Advocacy, Budget Advice & Counselling (all by appointment); Mainly Music group; Men's & Women's Fellowship groups.

Salvation Army - Sydenham Community Ministries

Phone: 331 7483
Fax: 331 7619
Mail: 17 Southampton Street, Sydenham, Christchurch 8023
Information: Chaplaincy support; Food Bank (ID & WINZ letter required); Clothing & bedding; Advocacy. Centre hours are Mon, Wed & Fri 1 - 3pm.

Salvation Army - Te Awhina 27

Phone: 338 4436
Fax: 338 4312
Mail: PO Box 9070, Addington, Christchurch 8149
Email: salvation_army@nzf.salvationarmy.org
Address: 27 Collins St, Addington
Information: Drop-in centre for people with alcohol and drug issues; support groups and phone support. Age range; 18 and over. Open: Monday to Friday 9.00am - 3.00pm.

Supporting Families in Mental Illness - Canterbury (SFMIC)

Phone: 366 9284
Fax: 377 7947
Mail: PO Box 22 098, Urban Star, Unit 1 283 Barbadoes St, Christchurch Central 8011 Christchurch 8140
Email: sfpb@xtra.co.nz
Website: www.supportingfamilies.org.nz
Information: Provide free support for families who have a family member with major mental illness: field worker service to the wider Canterbury region (CDHB area), facilitated group support, peer support, advocacy, information, education, Borderline Personality Group, Schizophrenia and Psychosis education and support group, North Canterbury Peer Support, volunteer group, Children's programmes, healthcare worker seminars. Monday to Friday 8.30 to 5pm, otherwise leave a message.

Sexual Health Centre

Phone: 364 0485
Fax: 364 0040
Mail: 33 St Asaph Street, Christchurch 8011
Email: shc@cdhb.govt.nz
Information: Free sexual health testing and treatment of sexual health problems. No referral necessary, free condoms. Please phone for an appointment. Age range: 14 and over. Open: Monday to Friday 9.00am - 5.00pm, Wednesday 9.00am - 7.30pm

Shakti - Ethnic Women's Support Group

Phone: 389 2028 or 0800shakti, 0800 742 584 (24hr crisis line)
Fax: 380 9061
Mail: PO Box 24238, Eastgate, Christchurch 8642
Email: sews@cdhb.govt.nz
Information: Emergency accommodation for immigrant women and their children from Asia, Africa and the Middle East experiencing domestic violence. Also provide outreach, advocacy. Legal services and community based workshops to help women live independently. Age range: 18 and over. Open 24 hours, 7 days a week.

Single Mum's Support Service

Phone: 338 0158 ext 212
Mail: PO Box 33 048, Spreydon, Christchurch 8244
Email: ekenneally@spreydon.org.nz
Website: www.spreydon.org.nz
Address: 248 Lyttleton Street, Spreydon, Christchurch 8024
Information: Providing support and coffee groups, events, resources, advocacy, networks, pre-loved items and home and phone support for single mums and their families. Open: Mon - Fri 9:00am to 2:00pm.

Spencer Beach Holiday Park

Phone: 03 329 8721
Fax: 03 329 8596
Mail: Heyders Road, Spencerville, Christchurch 8083
Email: info@spencerbeachholidaypark.co.nz
Website: www.spencerbeachholidaypark.co.nz
Address: Heyders Rd, Spencerville, Chch 8083
Information: Accommodation and sites available for up to two weeks only during the off peak season. Full payment due on arrival, contact the office for further details. Open Monday to Sunday 9am - 6pm. Terms and Conditions apply.

South West Baptist Church

Phone: 03 338 4184
Fax: 03 338 4325
Mail: PO Box 330 48, Barrington, Christchurch 8244
Email: reception@spreydon.org.nz
Website: www.spreydon.org.nz
Address: 244 Lyttelton Street Spreydon, Chch 8024
Information: Social support; Support and services for the elderly and single mothers; Services for Prisoners; Children and Family services; Church services; Tuesday Christian Fellowship for the disabled. Church services 9am, 11am & 7pm and 7:30pm Tuesday evening. Keep Active for people in the community on Mondays 9.30am, 11am and Thursdays at 1pm Spreydon site. At Halswell site Tuesdays and Thursday at 9.30am and 11am Tuesdays for those with disabilities.

Spreydon Home

Phone: 338 5972
Fax: 338 1707
Mail: 44 Howard Street, Spreydon, Christchurch 8024
Email: LTResidential3@stepstone.org.nz
Address: 44 Howard Street, Spreydon, Chch 8024
Information: Loving Family home for seven middle-aged and older men with psychiatric illness, who require long-term residential services. Agency referral. Age range: 40 and over. Open: 9:00am - 5:00pm. Night staff are on call.

St Aidan's Bryndwr

Phone: 351 8075
Fax: 351 8036
Mail: 63 Brookside Terrace, Bryndwr, Christchurch 8053
Email: staidans.bryndwr@gmail.com
Website: www.staidans.org.nz
Address: 63 Brookside Terrace, Bryndwr
Information: Vegetable co-operative Wednesday morning (membership form from Carol 351 8075); Friday night youth group. Office hours: Monday - Friday 9am - 12pm. Services: 11am Thursday (Elmswood Retirement Village). 8am and 10am Sunday.

St Albans Community Centre

Phone: 021 317 584
Mail: PO Box 21 102, Edgware, Christchurch 8143
Email: communitycentre@stalbans.gen.nz
Website: www.stalbans.gen.nz
Address: 1047 Colombo Street, Christchurch
Information: Various St. Albans groups and others hire this hall as their meeting facility. Drop-in for a cuppa and a chat; toilets; information; advocacy; groups (Dance, Theatre, Art, Spiritual, Education Sessions on various Health Issues and Cultural groups); Monday : 8am – 6.30pm, Tuesday, Wednesday and Thursday 4.00pm until 6.30pm.

St Vincent de Paul

Phone: 980 6703 / 027 433 6323
Mail: PO Box 320, Christchurch 8140
Email: trust@stlukesinthecity.org.nz
Address: 135 Kilmore Street, Christchurch
Information: Offers funding to clients, who require counselling, who may be unable to meet ACC and WINZ criteria. Free counselling available dependent on clients circumstances. Times are flexible.

St Vincent de Paul

Phone: 389 7484 (use extn for area required)
Fax: 389 7457
Mail: PO Box 26 007, Christchurch 8148
Email: admin@svdpchch.co.nz
Website: www.svdp.org.nz
Address: 265 Stanmore Road, Richmond
Information: Op shop; advocacy; home visits with food/food vouchers. Open: Monday to Friday 9:00am - 4:00pm, Saturday 10:00am - 1:00pm.

START - Sexual Abuse Counselling Agency

Phone: 355 4414
Fax: 355 5804
Mail: PO Box 21 022, Edgware, Christchurch 8143
Email: admin@starthealing.org
Website: www.starthealing.org
information: Sexual abuse counselling service specialising in working with young people and their families (also with adults) and provide education and information for the community. Criteria: those under 17 are required to have a formal evidential prior to coming to START and to not be in contact with the person they say has hurt them. Open: Monday to Friday 9:00am - 5:00pm.

Step Ahead Trust

Phone: 389 4001 or 0800 688 732
fax: 389 4042
Mail: PO Box 32 025, Christchurch 8147
Email: info@stepahead.org.nz
website: www.stepahead.org.nz
Address: 167 Stanmore Road, Christchurch
Information: Provides activity based rehabilitation programmes for people who have a diagnosed Mental Illness and are relatively independent. Education, health and fitness, social and personal development, pre-vocational activities, arts and crafts and some evening activities. Member driven organisation that provides in Linwood, Riccarton, Rangiora and Ashburton. \$10.00 membership fee and some activities involve a minimal cost. Age range: 18 – 65 years. Usual opening hours – Linwood Monday to Friday 9am to 5 pm, Riccarton – 10am to 4pm, Rangiora 10am to 3.30 pm Mondays and Wednesdays, Ashburton 10am to 3pm Fridays. Not a Drop In Centre.

Stepping Stone Trust - Adult Respite Services

Phone: 338 8803
Fax: 338 8842
Mail: PO Box 33-103, Barrington, Christchurch 8242
Email: stepstone@xtra.co.nz
Website: www.stepahead.org.nz
Address: 126 Lincoln Road, Christchurch
Information: Adult respite care for twelve people aged 18 and over with mental illness. Planned and emergency respite options available. There are a number of accommodation options staffed 24/7. Criteria: for planned respite, the person needs to have a psychiatric needs assessment with an allocation of planned respite days. For emergency respite the person needs to have had a psychiatric assessment and be referred by Psychiatric Emergency services or by a Mental Health Case Manager.

Stepping Stone Trust - Community Support Workers

Phone: 337 6644
Mail: PO Box 33-103, Barrington, Christchurch 8242
Email: stepstone@xtra.co.nz
Website: www.stepstone.org.nz
Address: 126 Lincoln Road, Christchurch
Information: Community outreach to adults (aged 20-65) and youth (aged 14-19) with mental illness - visit adults once a week and youth up to twice a week. Goals: help find work; courses; budgeting; and advocacy. Criteria: have had a needs assessment; have a caseworker within the health services; and have an existing mental health diagnosis. Open: Monday to Friday 8:30am - 5:00pm.

Stepping Stone Trust - Kaha Lodge

Phone: 357 0904 or 027 441 1072
Fax: 357 0980
Mail: 93 Merrin Street, Avonhead, Christchurch 8141
Email: LTResidential3@stepstone.org.nz
Website: www.stepstone.org.nz
Information: Long-term residential care for people with mental illness. Agency referral. Staffed 24 hours a day, 7 days a week. Age range: 40 and over. Officer hours: Monday to Friday 9:00am - 5:30pm.

Stepping Stone Trust - Youth Intensive Mobile Support

Phone: 363 4135
Mail: PO Box 33-103, Barrington, Christchurch 8242
Email: stepstone@xtra.co.nz
Website: www.stepstone.org.nz
Information: This service operates from 60 Sydney Street and is a creative intervention that supports young people (14-25 years) who are better suited to receiving intensive support in their own community setting (usually their family home or a flat). Young people can be contacted up to twice daily by text or phone and are able to be visited multiple times per week as identified in a young person's Care Plan.

Stepping Stone Trust - Youth Respite Services

Phone: 363 4135
Mail: PO Box 33-103, Barrington, Christchurch 8242
Email: stepstone@xtra.co.nz
Website: www.stepstone.org.nz
Information: Our services are FREE and are available for young people (aged 14-25 years) who have a primary mental health diagnosis. Our awesome range of services includes: Residential Care (two homes - 12 beds), Crisis Respite (3 beds); Community Mobile Respite, Intensive Mobile Support, Community Support Work, Family Support, Community Youth Mental Health Service. This is a 24-Hour Per day, Seven days Per Week Service.

Stopping Violence Services and Enabling Youth

Phone: 03 365 6266 or Free Phone 0800 478 778
Fax: 03 365 6180
Mail: PO Box 79-014, Avonhead, Christchurch 8446
Email: info@svschch.org.nz
Website: www.angermanagement.org.nz
Address: Temporarily at 7 Harakeke Street, Riccarton, Christchurch
Information: Confidential anger management programmes: men's groups; men's and women's individual programmes and group stopping violence programmes. Fee: \$50 per session. WINZ can assist. Enabling Youth stopping violence programmes from 13yrs to 24yrs. Open Monday to Friday from 9am to 5pm. Temporarily housed at 7 Harakeke Street, moving to new premises in June 2013. Please call for details.

Christchurch South Community Garden (Strickland Community Gardens)

Phone: 942 6630 (Resource Centre Office)
Mail: 188 Strickland Street, Sydenham, Christchurch 8024
Email: info@csccommunitygardens.net.nz
Website: www.csccommunitygardens.net.nz
Address: 188 Strickland Street, Sydenham, Christchurch
Information: Our garden is freely accessible for participation at all times for volunteering, dropping off recyclables and access to plants and produce. Our tool sheds are open on Tuesdays, Wednesdays, Thursdays and Saturdays, 10am to 2pm. The Resource Centre is open five days a week, Monday to Saturday. Christine Blance (mgr), other staff and volunteers are available to assist you on these days.

Single Women as Parents

Phone: 03 366 8540 or text 022 129 7584
Mail: PO Box 21 366, Edgeware, Christchurch 8143
Email: admin@swap-inc.co.nz
Website: www.swap-inc.co.nz
Address: 70 Springfield Road, St Albans, Christchurch
Information: Free services available for women parenting alone and their children, and single mothers whose children don't live with them: community house for drop-in and appointments, advocacy and support (e.g. can go with women to Work and Income etc.), one to one budget advice, free counselling service, recycled clothing room, computer with free internet access, landline phone available, safe indoor play areas for children. Monday - Phone Support/staff only day. Monday to Friday 9am to 4pm.

Te Awa O Te Ora Trust - Activities Centre

Phone: 389 7575
Fax: 389 7578
Mail: PO Box 13 167, Christchurch 8141
Email: enquiries@teawatrust.org.nz
Website: www.teawatrust.org.nz
Information: Day Activity Service: Are life learning activities with confidence building elements that operate 10-3pm, Monday to Thursday of each week. Whaiora come to this service just by hearing about us, or through a referral from other Providers or clinical agencies. Aqua Jogging, Appetite for Life and Gym activities, Crafty things plus learn skills that help you in the home like sewing, growing vegetables, Te Reo Maori and Waiata, weaving and carving

Te Kaka Kura Trust - Community Support

Phone: 379 7200
Mail: PO Box 13 070, Christchurch 8141
Email: info@kakakura.co.nz
Website: www.kakakura.org.nz
Address: 90 Fitzgerald Ave, Christchurch
Information: Service for people with mental illness living in the community needing extra support during the week (2-3 hours per week). Need to have a mental health diagnosis. Age range: 18 and over. Open: Monday to Friday 8:00am - 5:00pm.

Te Kaka Kura Trust - Residential - Te Korimako

Phone: 351 5837
Mail: PO Box 13 070, Christchurch 8141
Email: maree@kakakura.org.nz
Website: www.kakakura.co.nz
Address: 11 Rochford Place, Ilam, Christchurch
Information: Te Korimako is a Kaupapa Maori rehabilitation service for adults with a mental health diagnosis. Referral is via the CDHB Residential Options Group (ROG) and operates 24hours 7 days a week.

Te Ora Hou Otautahi

Phone: 352 1057
Mail: PO Box 5556, Papanui, Christchurch 8542
Email: christchurch@teorahou.org.nz
Website: www.toho.org.nz
Address: 77 Windermere Road, Papanui, Christchurch
Information: Te Kaupapa Whakaora – Alternative Education, Youth Work – Mentoring, After School and holiday programmes, youth development for Intermediate and up. Social work and K3 Attendance Service.

Te Puna Oranga - Maori Sexual Abuse Healing & Prevention

Phone: 381 8472
Fax: 381 8473
Mail: PO Box 24239, Eastgate, Christchurch 8642
Email: te-punaoranga@xtra.co.nz
Website: www.tepunaoranga.co.nz
Address: 687 Worcester Street, Linwood, Christchurch
Information: Kaupapa Maori working towards stopping violence and abuse at all levels. Confidential, free counselling, specialising in sexual abuse healing, whanau and youth support. Youth, women's and parent's domestic violence programmes offered. All referrals for youth offending must come from Child Youth and Family Service. Open: Monday to Friday 9:00am - 5:00pm.

Te Whare Roimata

Phone: 981 2881
Mail: PO Box 32 129, Christchurch 8011
Email: tewhareroimata@clear.net.nz
Website: www.tewhare.webs.com
Address: Linwood, Community Arts Centre - 468 Worcester Ave, Linwood, Christchurch
Information: For residents of the inner-city East area. Services currently available include the following: Transport services (free shopping van), Earthquake related information, New Red Cross Temporary School Grant, Canterbury Earthquake Temporary Accommodation Service, Practical Help, Thursday Luncheon - free midday meal for the community. Welcome support and place to chat.

Te Whare Roopu o Oterepo Waltham Community Cottage

Phone: 942 2173
Mail: PO Box 32 129, Christchurch 8011
Email: tewhare@walthamcottage.com
Website: www.walthamcottage.com
Address: 201 Hastings Street East
Information: Weekly Playgroup, Community lunch, Chi Gong, Steady as you Go Class, Aqua jogging and Ukulele lessons. After school Hip Hop and Guitar lessons. Monthly Seniors Group. Self-development and Communication classes. Computer suite. Pegasus Partnership Community Worker. Advocacy and support. Open Monday, Tuesday, Wednesday 9am to 3pm and Thursday 9am to 1pm.

Tenants Protection Association - TPA

Phone: 03 379 2297
Mail: Christchurch Community House, 301 Tuam Street, Christchurch 8011
Email: info@tpa.org.nz
Website: www.tpa.org.nz
Information: TPA provide a free and confidential advisory service and tenancy education for tenants and agencies in the Christchurch Region. There is also a TPA staff member working out of Linwood Link and New Brighton Work and Income offices. Please phone for an appointment. TPA also has a more intensive Supporting Vulnerable Tenancies program. Please call us for more details.

Thorpe House

Phone: 379 1682 ext 0 (office)
Fax: 371 2165
Mail: PO Box 1032, Christchurch 8140
Email: simon@citymission.org.nz
Website: www.citymission.org.nz
Information: Thorpe House is a residential, non-medical detoxification centre for men and women over the age of 17 years. Thorpe House provides a safe, supportive and comfortable environment for people wanting to detox from alcohol and other drugs. Office is open 9am to 5pm. Detox service 24 hours, 7 days per week (staffed).

Totara House

Phone: 335 4525
Fax: 377 9713
Mail: 183 Montreal Street, Christchurch Central 8011
Email: totara1@cdhb.health.nz
Website: www.cdhb.health.nz/totara
Information: Totara House is a specialist multidisciplinary service for young people (aged 18-30) who live in Christchurch and are experiencing their first episode of psychosis.

Union & Community Health Centre - Piki Te Ora

Phone: 381 8048
Fax: 381 8361
Mail: PO Box 32 081, 201 Linwood Avenue, Christchurch 8147
Email: reception@uchc.org.nz
Information: Medical services for people who live on the east side of Christchurch - free for enrolled children under 18 and \$17.50 for enrolled adults. Open: Monday to Friday 8.30 - 5pm

Victim Support

Phone: 0800 842 846 (24hr)
Mail: PO Box 2109, Christchurch 8140
Website: www.victimsupport.org.nz
Information: Emotional and practical support, personal advocacy and information to all people, affected by crime and trauma throughout New Zealand. Open: 24 hours, 7 days a week crisis line.

Wai-Ora Trust

Phone: 359 7407
Fax: 359 6301
Mail: 48 Watsons Road, Harewood, Christchurch 8051
Email: admin@waioratrust.org.nz
Website: www.waioratrust.org.nz
Information: Seasonal Community Garden plots available for Community, School and Whanau groups, to grow their own vegetables with all materials, seeds, tools and support supplied. Community works team where clients with or without disabilities, are able to work in a volunteer capacity, in meaningful horticultural based activities. Community Service referrals accepted. A fully equipped Fitness Centre specifically targeting obesity for a small fee, which is available to groups, whanau or individuals. Open Monday to Friday 8am to 4pm

Saint John of God Waipuna - Young Parents Service

Phone: 386 2159
Mail: PO Box 24 127, Eastgate, Christchurch 8642
Email: enquiries.waipuna@sjog.org.nz
Website: www.sjog.org.nz
Information: Provides one-on-one support as well as courses to help young parents make thoughtful choices. Support, information and referrals provided for individual parents on parenting, relationships, tenancy issues, budgeting, drugs and alcohol, health and pregnancy issues, job search, problem solving, goal setting. The service also offers Watch, Wait, Wonder bonding and attachment programme. Working alongside this programme is a specialist Pacific Young Parents Service.

Saint John of God Waipuna - Youth Mental Health, Alcohol & Drug and Counselling Service

Phone: 386 2159
Mail: PO Box 24 127, Eastgate, Christchurch 8642
Email: enquiries.waipuna@sjog.org.nz
Website: www.sjog.org.nz
Information: Provides counselling for young people aged 10-25, both mobile and at our offices. General counselling is provided as well as specialised mental health, alcohol and drug, brief and longer term counselling.

Saint John of God - Youth Housing Project

Phone: 386 2159
Mail: PO Box 24 127, Eastgate, Christchurch 8642
Email: enquiries.waipuna@sjog.org.nz
Website: www.sjog.org.nz
Information: Programme addresses serious youth housing issues in Canterbury. In particular, the team works to support young people with housing needs, ensuring they live in safe and appropriate accommodation.

Saint John of God - Community Eating Awareness Service

Phone: 386 2159
Mail: PO Box 24 127, Eastgate, Christchurch 8642
Email: enquiries.waipuna@sjog.org.nz
Website: www.sjog.org.nz
Information: Works with individuals and communities to provide support, counselling and information to people affected by eating difficulties and body image issues as well as families and friends. Also provides education workshops and support groups.

Saint John of God - Adventure Therapy

Phone: 386 2159
Mail: PO Box 24 127, Eastgate, Christchurch 8642
Email: enquiries.waipuna@sjog.org.nz
Website: www.sjog.org.nz
Information: Outdoor adventure programme focusing on self challenge and learning for young people seeking opportunities for developing leadership and increasing self confidence, life skills, resilience and relationship skills.

Saint John of God - Community Action: Youth & Drugs (CAYAD)

Phone: 386 2159
Mail: PO Box 21 127, Eastgate, Christchurch 8642
Email: enquiries.waipuna@sjog.org.nz
Website: www.sjog.org.nz
Information: Develop community initiatives which reduce drug related harm in young people as well as increase community ownership and capacity to address this issue.

White Wings Charitable Trust

Phone: 0800 377 391
Fax: 3791397
Mail: 62 Essex Street, Philipstown, Christchurch 8011
Email: whitewings@xtra.co.nz
Information: Supported accommodation for men suffering or recovering from mental illness. Criteria: needs assessment in progress or existing; no drugs, alcohol or smoking inside. Agency referral. Age range: 20 - 65. Office hours: Monday to Friday 8.00am - 3.00pm

Wigram Lodge

Phone: 343 0877
Fax: 343 0870
Mail: 15 Sioux Avenue, Christchurch 8042
Email: office@wigramlodge.co.nz
Website: www.wigramlodge.co.nz
Information: Wigram Lodge has modern low cost accommodation in an attractive environment. Rooms are furnished and some have their own bathrooms. Facilities include lounges with Sky, off street car parking, garages and internet. Rooms are \$150 - \$200 per week including power and facilities. bond \$300. Office hours: Monday to Friday 8:30am - 6.00pm, Saturday 10am - 3.00pm

Women's Centre

Phone: 371 7414 or 022 105 5308
Mail: PO Box 13 054, Armagh, Christchurch 8141
Email: support@womenscentre.co.nz
Website: www.womenscentre.co.nz
Address: Level 1, 573-579 Colombo St, Christchurch
Information: Free services - Counselling – up to 20 sessions. Our volunteer counsellors deal with a wide range of issues, including domestic violence, trauma, relationships and grief work; One to one (crisis) support from one of our skilled staff members, either in person or by phone; A quiet women-only space where women can drop in for a coffee, chat, information or just time out; A wide range of resources and information on other community services and agencies; Support and resources for lesbians; Legal service – three days per month - 15 minutes with a female lawyer to advise women if they have a legal problem and if they need to instruct a lawyer. The advice is in general terms about the legal procedures involved in solving the issue(s). One of the days is with a Japanese lawyer; Advocacy (supporting clients in contact with e.g. CYF and WINZ). Low-cost services - We run a variety of low-cost courses that are based around living in a city characterised by continuous change and displacement; An extensive library with books on topics such as abuse. Members can take books home for up to three weeks; Low-rent rooms for other community organisations to see clients and/or have meetings/groups. Drop in open Monday to Friday 10 am to 2 pm. We can be reached by phone Monday to Friday 9 am – 4 pm.

Woolston Development Project

Phone: 389 4448
Fax: 389 4448
Mail: PO Box 19 793, Woolston, Christchurch 8241
Email: w.dp@xtra.co.nz
Address: 497 Ferry Road, Woolston
Information: Home-based family support service. Call 389 4448 anytime and leave a message to Family Support Worker to return your call.

Work & Income - Canterbury Work & Income Service Centre

Phone: 0800 559 009
Fax: 963 6384
Mail: PO Box 22495, Christchurch 8142
Website: www.workandincome.govt.nz
Information: Assistance with accommodation costs for beneficiaries and low income earners. An Accommodation supplement is non-taxable benefit that provides assistance towards accommodation costs. A person does not have to be receiving a benefit to qualify for Accommodation Supplement an income and cash asset test applies. Advice and financial assistance may be available if you are requiring emergency housing. ID is required.

Youth Services

Phone: 021 028 56858 or 928 1329
Fax: 977 2701
Mail: 397 Brougham Street, Waltham, Christchurch
Email: info@avonmore.ac.nz
Website: www.avonmore.ac.nz
Address: 397 Brougham Street, Waltham
Information: NEET programme to help 16 & 17 year old either to stay in school or training and then into employment. Full wrap around services from CV writing to driving to appointment. "Youth coaches". Open Monday to Friday 8am to 5pm. But on call mobile when needed.

Youth & Cultural Development Centre - YCD

Phone: 366 0866 / 027 5626 290
Mail: PO Box 32065, Christchurch 8147
Email: ycd@ycd.co.nz
Website: www.ycd.co.nz
Address: 301 Cashel Street, Christchurch
Information: YCD provides services to Young People who are at risk of or who are getting involved in an offending circle. The services offered at YCD have been developed over time through recognising a need. There are now some Care and Protection services within YCD focusing on safety, wellbeing, education and support. Services include: Supported Bail, Supervision with Activity, Community Service Coordination, Street Youth Work Project, Other Activities and Case Management.

298 Youth Health Centre

Phone: 03 943 9298
Mail: PO Box 2986, Christchurch
Email: admin@298.org.nz
Website: www.298.org.nz
Address: 298 Barbadoes Street, Christchurch
Information: Counselling, MH, A&OD, Medical services (GP, Nursing, Health assessments). Peer support, Youth development opportunities. Clinic Hours: 1pm to 5:30pm daily (to be extended as the service develops) Counselling by appointment.

YWCA Community Development Centre

Phone: 365 8720 ext 3
Mail: 285 Hereford Street, Christchurch 8011
Email: YWCA@cyberxpress.co.nz
Website: www.christchurch.ywca.org.nz
Information: Emergency Accommodation for women and women with children (boys under 12 years old). Open Monday - Friday 10am - 5pm. 24/7 emergency phone for residents only.

Community Support Unit

53 Hereford Street, Christchurch 8011
PO Box 73016, Christchurch 8154
Telephone 941 8999. Email: info@ccc.govt.nz
Or visit our website: www.ccc.govt.nz