

No fixed abode and support services

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

Sixth edition revised January 2019

Introduction

This is the Sixth 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.

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Christchurch

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0800 Hungry Ministries Trust

Phone: FOOD LINE 0800 486 479
Mail: PO Box 24 008, Eastgate, Christchurch 8642
Email: admin@0800hungry.org
Website: www.0800hungry.org
Facebook: 0800 Hungry.org
Information: Deliver food parcels to families and individuals in need in the Greater Christchurch area (\$5). Age range: 16 and over. Phone Line Open: Monday to Friday 9.00am - 3.00pm

Activate Church Christchurch – formerly Westside ACTS Church

Phone: 348 2130
Fax: 348 2130
Mail: 13 Watts Road, Sockburn, Christchurch 8042
Email: chchoffice@activatechurches.com
Website: www.activatechurches.com
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

Addington Supportive Accommodation for Men – see Salvation Army

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: 027 280 6466
Email: admin@agender.co.nz
Website: www.agender.org.nz

Alcohol Drug Helpline (Alcohol Drug Association NZ)

Phone: 0800 787 797 (Open 24/7)
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 24 hours a day, seven days a week offering free confidential information, insight and support on issues arising from drinking or other drug use. In addition, there is a dedicated Maori Line: 0800 787 798, and Pasifika Line: 0800 787 799, and the Methamphetamine Intervention service is accessible through the main 0800 number. We 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 problem. Open 24 hours a day, seven days a week, 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 women 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 - Wahine Putea

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 – see MHAPS (Mental Health Advocacy Peer Support)

AOD Central Coordination Service *see* Christchurch Central Christchurch Central Services - Tuhaūora Alcohol And Other Drug Co-ordination

Aranui Community Trust (ACTIS)

Phone:	963 7070
Fax:	963 7076
Mail:	PO Box 15 036, Aranui, Christchurch 8061
Email:	sera@actis.org.nz
Website:	www.actis.org.nz
Address:	35 - 45 Hampshire Street, Aranui
Information:	Aranui Community Trust Services available: Partnership community workers, Kiwisport activator, Early Childhood Education Coordinator, Connectedness Coordinator. Aranui Heartland Services: Mower Shed, Beneficiary Advisory Services, Community Law, Budgeting, Housing New Zealand, Maori Land Court, Tenants Protection Agency, Foot Clinic, NZ Fire Service, Euchre, Mums and Bubs Fitness, ARA Institute of Canterbury, B4 School Checks, Fruit and Vege Group. Open: Monday to Thursday 9.00am - 5.00pm; Friday 9.00am - 4.00pm.

Aranui Heartland

Phone: 963 7070
Fax: 963 7076
Mail: PO Box 15 036, Aranui, Christchurch 8061
Email: sera@actis.org.nz
Website: www.heartlandservices.govt.nz
Address: 37-45 Hampshire St, Aranui 8061
Information: Mower shed, Beneficiary Advisory Services, Community Law, Budgeting, Housing New Zealand, Maori Land Court, Green Prescription, Tenants Protection Agency, Foot Clinic, NZ Fire Service, Euchre, Mums and Bubs Fitness, Ara Institute of Canterbury, B4 Schools Checks, Fruit and Vege Group (Aranui Heartland is based at the Aranui Community Trust). Open Monday to Thursday, 9.00am - 5.00pm, Friday 9.00am – 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: Specialist family and sexual violence support for children, young people, women and men, including: 24-hour free phone support and information for family and sexual violence related concerns; individual safety assessment and planning 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 at high risk of repeat family violence; help applying for a Protection Order; shine safe@home home security for those at risk of repeat family violence; 10 week Ministry of Justice approved education programme (individual or group) for women and children; specialist peer support from people who themselves have overcome family violence; ReachOut men's service; no - and low - interest loans for services and goods for those who meet the criteria.

Battered Women's Refuge

- Phone:** 364 8900 (24/7) 0800refuge (0800733843) (24/7)
Mail: PO Box 36729, Merivale, Christchurch 8146
Email: office.bwt@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. Open 24 hours a day, 7 days a week.

Beckenham Community Housing Trust – Lancewood Courts

- Phone:** 331 6903 (office)
Mail: PO Box 12 030, Beckenham, Christchurch 8242
Email: margaret@hpcf.co.nz
Information: Long term rental accommodation for emotionally vulnerable people. Need to be able to live independently. One unit has disabled access. Some low key on-site support to residents. Office phone available for messages on weekdays.

Beneficiary Advisory Service

- Phone:** 379 8787, 377 3560 or 028 415 5942
Mail: Christchurch Community House, 301 Tuam St, Christchurch Central 8011
Email: bas.cprc@gmail.com
Website: www.bas.org.nz and on facebook: @BeneficiaryAdvisoryService
Address: Christchurch Community House, 301 Tuam St, Christchurch Central 8011
Information: Advocacy on benefit matters and related issues for beneficiaries. Self-referral. Open: Monday to Thursday 9.30am – 2.30pm, and Friday 9.30 – 2.00pm.

Birthright Christchurch

Phone: 366 9456
Email: manager@birthrightchch.org.nz
Website: www.birthrightchch.org.nz
Address: 301 Tuam Street, Christchurch 8011
Information: Birthright Canterbury Trust 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. Open Monday - Friday, 9.00am – 5.00pm.

Bridge Programme – see Salvation Army

Bromley Community Centre

Phone: 389 1657
Mail: PO Box 24 059, Linwood, Christchurch 8642
Email: bromleycentre@gmail.com
Address: 45 Bromley Rd, Bromley
Information: Monday: Katang Fitness Circuit (\$2) 9.30am -10.15am, Stop Smoking Canterbury Drop In Clinic (free) 11.30am -1.00pm, Line Dancing 6.00pm onwards (\$6). Tuesday: Women’s Group 10.00am - 12.00pm (gold coin), Playgroup 12.30pm -2.30pm (free), Computer Tuition (\$2) - appointment needed. Wednesday: Katang Fitness Circuit 9.30am - 10.15am (\$2), Affordable fruit and veg 12.30pm - 3.00pm (\$6 & \$12), Afterschool Children’s Recreation 3.00pm -4.00pm (gold coin). Thursday: Yoga (all levels) 9.15am - 10.15am (\$5), Art group 1.00pm - 3.00pm (gold coin), Katang Fitness 6.00pm - 7.00pm (\$5). Friday: Katang Fitness low impact aerobics (\$2) 9.15am - 10.15am. Free wifi and laptop access is also available. Hall and meeting rooms for hire. Events, community led workshops and holiday Fun Days for school aged kids. Call for more info.

Cambridge Clinic

- Phone:** 366 0067 (24 hr)
Fax: 366 5448
Mail: 146 Bealey Avenue, Christchurch 8013
Email: office@cambridgeclinic.co.nz
Website: www.cambridgeclinic.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. We offer sensitive and appropriate medical advice to anybody aged 13 years and over regardless of gender, age, sexual orientation, ethnicity, disability or residential status. You will be offered an appointment by phoning the clinic or upon referral from your GP, Counsellor, Family Planning Clinic, Police, Oranga Tamariki, the Hospital or the 24 Hour Surgery. This is a free service.

Canterbury Fijian Social Services Trust

- Phone:** 942 9498 or 021 440 812
Mail: 40 Hillary Crescent, Upper Riccarton, Christchurch 8041
Email: fiji.social.services@gmail.com
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, Men's Programme, Culture group, Women's Project, Adult Education, Community Support/neighbourhood gatherings, Translation, Cultural training etc.

Canterbury Men's Centre

- Phone:** 365 9000 & text only 0223024966
Mail: 357 Gloucester St, Linwood, Christchurch 8011
Email: karl@canmen.org.nz or counsellor@canmen.org.nz
website: www.canmen.org.nz
Address: 357 Gloucester St, Linwood, Christchurch 8011
Information: We are a social work and counselling service for men. We also coordinate Men's Sheds and provide advocacy and advice. Opening hours for social work: 8.00am -5.00pm, Monday to Friday. Opening hours for counselling: 9.00am - 9.00pm, Monday to Friday and weekends, from 9.00am to 4.00pm.

Canterbury Refugee Resettlement and Resource Centre

Phone: 377 2544 and 377 2538
Mail: PO Box 135 85, Christchurch 8011
Email: cantyrefugeecouncil@gmail.com
Address: 39 Nursery Road, Phillipstown
Website: www.canterburyrefugeecentre.org.nz
Information: A free and confidential Drop-In Centre for people with a refugee background who need help and guidance with resettlement in Canterbury. Services: Community support , networking, youth support, advocacy, mediation. Open hours: Monday – Friday, 9.00am to 5.00pm.

Catholic Social Services

Phone: 379 0012
Mail: PO Box 4237, Christchurch 8140
Email: css@chch.catholic.org.nz
Website: www.cathsocservs.nzl.org
Address: 336 Cashel Street, Christchurch
Information: Counselling services. Family work. Group Courses - parenting, anger management, grief courses, Facing Your Fears – a children’s course for anxiety. Budgeting advocacy. Foodbank. Opening hours: 9.00am to 5.00pm, Monday to Friday. Foodbank open: 10.30am - 12.30pm, Monday to Friday. Please call for an appointment to access our services.

Child, Adolescent and Family (CAF) Mental Health Service

Phone: 337 7773
Fax: 337 7903
Mail: PO Box ?
Email: ?
Website: <http://www.cdhb.health.nz/Hospitals-Services/Mental-Health/Child-Adolescent-Family-Service/Pages/default.aspx#>
Address: C Block, Princess Margaret Hospital, 95 Cashmere Rd, Christchurch
Information: Provides specialist community and inpatient mental health services, including assessment, treatment and education for individuals and their families. Consultation and liaison for GPs, school and key allied health and social services, inpatient services to the South Island and consultation service to North and South Canterbury. See below for services.

Child, Adolescent and Family (CAF) Mental Health Service - CAFLink Single Point of Entry

Phone:	337 7758. Freephone 0800 218 219 Option 1
Fax:	?
Mail:	PO Box ?
Email:	caflink@cdhb.health.nz
Website:	http://www.cdhb.health.nz/Hospitals-Services/Mental-Health/Child-Adolescent-Family-Service/Pages/default.aspx#
Address:	Beside Heathcote Building, Princess Margaret Hospital, 95 Cashmere Rd, Christchurch
Information:	CAFLink is the Child, Adolescent and Family Mental Health Service 'single point of entry function' which streamlines access to mental health services in Canterbury for children, adolescents and their families. All outpatient referrals to the service are centrally received at CAFLink. This includes referrals to the CAF North and CAF South Community and Outreach Teams.

Child, Adolescent and Family (CAF) Mental Health Service – Children in Care Team

Phone:	337 7970
Fax:	?
Mail:	PO Box ?
Email:	?
Website:	http://www.cdhb.health.nz/Hospitals-Services/Mental-Health/Child-Adolescent-Family-Service/Pages/default.aspx#
Address:	Cnr Montreal and Cashel St
Information:	Outpatient service provides comprehensive psychiatric assessment and therapeutic intervention for youth aged between 5 and 14 years, who are in the custody of Oranga Tamariki (Ministry of Vulnerable Children) and who have a suspected or confirmed moderate to severe mental health problem. Referrals from the young person's Oranga Tamariki social worker.

Child, Adolescent and Family (CAF) Mental Health Service - Youth Forensic Team

Phone:	337 8666
Fax:	?
Mail:	PO Box ?
Email:	?
Website:	http://www.cdhb.health.nz/Hospitals-Services/Mental-Health/Child-Adolescent-Family-Service/Pages/default.aspx#
Address:	5th Floor, Heathcote Building, Princess Margaret Hospital, 95 Cashmere Rd, Christchurch
Information:	Youth Forensic Team – provides consultation and liaison, and assessment and treatment of youth aged between 10 and 18 with a moderate to severe mental health issue, who are involved with the Youth Justice System. Referrals from CYFS, social workers, police, the courts and youth justice residences.

Child, Adolescent and Family (CAF) Mental Health Service - Child Adolescent and Family Inpatient Unit

Phone:	337 7773
Fax:	337 77903
Mail:	97 Cashmere Rd
Website:	http://www.cdhb.health.nz/Hospitals-Services/Mental-Health/Child-Adolescent-Family-Service/Pages/default.aspx#
Address:	C Block, Princess Margaret Hospital, 95 Cashmere Rd, Christchurch
Information:	A specialist regional (South Island) treatment and assessment facility with 16 beds. Children and adolescents who have severe psychiatric, emotional, behavioural or developmental disorders are assessed and/or treated. There is also provision for family members to live-in, to enable them to be part of their child's treatment programme.

Child, Adolescent and Family (CAF) Mental Health Service - Child Adolescent and Family Day Unit

Phone:	337 7773
Fax:	337 77903
Mail:	97 Cashmere Rd
Website:	http://www.cdhb.health.nz/Hospitals-Services/Mental-Health/Child-Adolescent-Family-Service/Pages/default.aspx#
Address:	C Block, Princess Margaret Hospital, 95 Cashmere Rd, Christchurch
Information:	The Child adolescent and Family Day Unit offers comprehensive assessments and brief but intensive support and treatment to young people aged up to 18 years, who may be experiencing an acute deterioration in their mental health or require additional assessment and family support.

Child, Adolescent and Family (CAF) Mental Health Service - CAFem (CAF Emergency Team)

Phone:	Freephone 0800 218 219 press option 2
Mail:	PO Box ?
Email:	?
Website:	http://www.cdhb.health.nz/Hospitals-Services/Mental-Health/Child-Adolescent-Family-Service/Pages/default.aspx#
Address:	Beside Heathcote Building, Princess Margaret Hospital.
Information:	The CAF Emergency Team manages In Hours Emergency presentations for children and adolescents up to the age of 18 years, between the hours of 8.30am and 5.00pm. Please call first. NB: CAFLink is the Referral Centre for non-emergency enquiries (337 7758)

Child, Adolescent and Family (CAF) Mental Health Service - CAF Community Consultation and Liaison

Phone:	337 7758 or Freephone 0800 218 219 press option 1
Mail:	PO Box ?
Email:	caflink@cdhb.health.nz
Website:	http://www.cdhb.health.nz/Hospitals-Services/Mental-Health/Child-Adolescent-Family-Service/Pages/default.aspx#
Address:	Beside Heathcote Building, Princess Margaret Hospital.
Information:	Provides clinical consultation and liaison with Primary Care, NGOs and other community agencies for children and adolescents with possible mental health issues who are not currently within our service.

Child, Adolescent and Family (CAF) Mental Health Service - CAF South Community and Outreach Team

Phone:	337 8740
Fax:	?
Mail:	PO Box ?
Email:	?
Website:	http://www.cdhb.health.nz/Hospitals-Services/Mental-Health/Child-Adolescent-Family-Service/Pages/default.aspx#
Address:	First Floor, Heathcote Building, Princess Margaret Hospital.
Information:	Provides comprehensive psychiatric assessment and therapeutic intervention for children and adolescents aged 0 – 17 years (or older if still at school) in their family context. Referrals from school counsellors and staff, GPs and other health professionals, and other social service providers. Referrals via CAFLink for clients living in the Southern part of Canterbury and Christchurch city. The Unit can access the CAF Family Day Unit, Inpatient Unit and a community respite facility and Alcohol and Drug service providers.

Child, Adolescent and Family (CAF) Mental Health Service - School Based Mental Health Team

Phone:	335 4611 ext 54611
Fax:	?
Mail:	PO Box ?
Email:	?
Website:	http://www.cdhb.health.nz/Hospitals-Services/Mental-Health/Child-Adolescent-Family-Service/Pages/default.aspx#
Address:	Corner Montreal and Cashel Sts, Christchurch
Information:	Provides a pro-active school based outreach service to support schools in addressing the emerging child and youth mental health issues in Canterbury in the post earthquake recovery stage. Aims to enhance resiliency. Provides evidence based interventions. Service is delivered on request / invitation from schools.

Christchurch Budget Service

Phone:	366 3422 or 021 082 71472
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. Open 9.00am - 5.00pm, Monday to Friday.

Christchurch Central Services - Tuhaūora Alcohol And Other Drug Co-ordination

Phone:	338 4437
Fax:	338 7427
Mail:	55-59 Ferry Road, Christchurch Central
Email:	chchaod@odysseychch.org.nz
Website:	www.odysseychch.org.nz
Address:	55-59 Ferry Road, Christchurch Central
Information:	Co-ordination and resource centre for alcohol and drug issues. CCS acts as the single point of entry for adult referrals to Canterbury alcohol and other drug treatment services in the community. The service provides screening and assessment to help link the person with the appropriate AOD service. This includes access to Residential services, Day Programs, Individual Counselling and Group Work. The service has social workers, AOD counsellors, nurses, peer support workers and psychologist on the team. CCS accept referrals via post, fax and email from GPs and other community agencies and self-referrals via telephone.

Christchurch City Council - Mayor's Welfare Fund

Phone:	941 8999
Mail:	PO Box 73010, Civic Offices, Christchurch 8011
Email:	brian.pegler@ccc.govt.nz or mayorswelfarefund@ccc.govt.nz
Address:	Civic Offices, 53 Hereford St, Christchurch 8011
Information:	Place of last resort for low income families or individuals who are in extreme financial stress. 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 or Study Link, a full bank statement and the appropriate invoice/bill. If in employment, bring a copy of last 2 payslips. Age range: 15 and over. Christchurch City residents only. Appointments please ring 941 8999 or go to CCC website and search 'Mayor's Welfare Fund' and make appointment online. Open Monday to Friday, 9.00am - 5.00pm.

Christchurch City Council - Social Housing - see Otautahi Community Housing Trust

Christchurch City Mission - Adult Alcohol and other Drugs Service

Phone:	365 0635
Mail:	PO Box 1032, Christchurch 8140
Email:	info@citymission.org.nz
Website	www.citymission.org.nz
Information:	Available to men and women. Immediate brief intervention, i.e. phone or walk-ins between 9.00am and 4.00pm. Comprehensive assessment and referral to relevant services. Ongoing outpatient 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 9.00am to 2.00pm Monday to Friday

Christchurch City Mission Community Out Reach Social Workers

Phone: 365 0635
Mail: PO Box 1032, Christchurch 8140
Email: George@citymission.org.nz & Stacy@citymission.org.nz
Address: 276-284 Hereford Street, Christchurch
Information: Available Monday to Friday, George & Stacy can provide social work support, advocacy, assistance with housing and meet you where you are.
George: 027 551 2562 E: george@citymission.org.nz
Stacy: 027 585 3560 E: stacy@citymission.org.nz

Christchurch City Mission - Food Bank

Phone: 365 0635
Fax: 366 7100
Mail: PO Box 1032, Christchurch 8140
Email: foodbank@citymission.org.nz
Website: www.chchcitymission.org.nz
Address: 276-284 Hereford Street, Christchurch
Information: Open 9.00am to 12.30pm Monday to Friday.

Christchurch City Mission - Community 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 or community environment in conjunction with client's own GP.

Christchurch City Mission - Men's day programme

Phone: 365 0635
Fax: 366 7100
Mail: PO Box 1032, Christchurch 8140
Email: stephen@citymission.org.nz
Website: www.chchcitymission.org.nz
Address: 276-284 Hereford Street, Christchurch
Information: We have a social worker on site from 12.00pm daily and staff that can help with advocacy. Open Monday to Thursday from 10:00am to 3:00pm with a group going to our community gardens at 9:00am on Monday and Wednesday. Also open Friday 10:00am to 11.45am.

Christchurch City Mission - Men's Night Shelter

Phone: 365 0635
Fax: 366 7100
Mail: PO Box 1032, Christchurch 8140
Email: phil.c@citymission.org.nz
Website: www.chchcitymission.org.nz
Address: 276-284 Hereford Street, Christchurch
Information: Short term emergency accommodation. Open 5.00pm to 8.00am daily. Dinner and breakfast provided. Dormitory social worker on site.

Christchurch City Mission - 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).

Christchurch City Mission - Social Work Services

Phone: 365 0635
Fax: 366 7100
Mail: PO Box 1032, Christchurch 8140
Email: info@citymission.org.nz
Website: www.chchcitymission.org.nz
Address: 276-284 Hereford Street, Christchurch
Information: Open 9.00am to 5.00pm Monday to Friday.

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 or misuse.

Christchurch City Mission Women's Night Shelter

Phone: 027 801 5160
Email: catherine@citymission.org.nz
Address: 228 Worcester Street, Christchurch 8140
Information: Prospective residents need to present to the shelter at 5.00pm 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. 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 ongoing plan around their care and accommodation. Hours: 5.00pm to 8.15am.

Christchurch City Mission - Youth Drug & Alcohol Counselling Service

Phone: 371 0602
Fax: 366 7100
Mail: PO Box 1032, Christchurch 8140
Email: BrianJ@citymission.org.nz or fiona@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 therapy for depression and/or behavioural issues as a result of alcohol/drugs.

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, 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 5.00pm 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 social work services for people from refugee and migrant backgrounds, including bi-lingual support to meet cultural needs; culturally and linguistically diverse counselling. Health promotion and community activities including women's swimming programmes and exercise classes. Partnership Community Workers – reducing barriers to mainstream health services. Open Monday to Friday, 9.00am to 5.00pm. Appointment necessary. In partnership with English Language Partners, providing an English language literacy programme.

City Church Christchurch

Phone: 349 5236
Mail: PO Box 2000, Christchurch 8011
Email: office@citychurchchristchurch.co.nz
Website: www.citychurchchristchurch.co.nz
Address: 346 Manchester St, Christchurch
Information: Open Monday, Tuesday and Thursday, 9.30am to 2.30pm. Sunday services @ 10.00am (City and North Campus). We provide youth groups, groups for internationals, free and paid counselling, street worker support.

Comcare - Housing Services - Emergency Accommodation

Phone: 377 7020
Fax: 961 0794
Mail: PO Box 22 004, Christchurch 8140
Email: enquiries@comcare.org.nz
Information: Emergency accommodation for people experiencing homelessness or about to become homeless, and assistance in finding longer term housing. Criteria: Direct referral from Ministry of Social Development (Work and Income, Housing). Support with: accessing housing, benefits, power, phone support to overcome barriers to living well in the community and accessing other supports identified. Age range: 18 and over. Open: Monday to Friday 8:30am - 5:00pm.

Comcare - Housing Services - Home Rescue

Phone: 377 7020
Fax: 961 0794
Mail: PO Box 22 004, Christchurch 8140
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 8140
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 Otautahi Community Housing Trust, 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 Alcohol & Drug Service (CADS)

Phone: 335 4350
Fax: 335 4351
Mail: Private Bag 4733, Christchurch 8140
Website: www.cdhb.govt.nz
Address: Fergusson, Building, 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, Monday – Friday.

Community Law Canterbury

Phone: 366 6870 or FreePhone 0508 226 529
Mail: PO Box 2912, Christchurch 8140
Email: admin@canlaw.org.nz
Website: www.canlaw.org.nz
Address: 198 Montreal Street, Christchurch Central
Information: Free legal information, advice and education relating to ACC, consumer, criminal, employment, family, and tenancy law. Appointments are available Monday to Thursday during the day. Drop in services are available Monday, Tuesday and Thursday evenings and Saturday mornings. Outreach services are available in New Brighton, Linwood, Aranui, Hornby, Kaiapoi, City Mission, and the three Christchurch Prisons. Our Specialist Family service, for Family court matters, is every Wednesday from 3.30pm until 6.00pm, at 121 Tuam Street at the Christchurch Justice Precinct.

Community, Youth and Child Services – St John of God Waipuna

Phone:	386 2159
Fax:	386 2158
Mail:	349 Woodham Rd, Avonside, Christchurch 8061
Email:	enquiries.waipuna@sjog.org.nz
Website:	www.sjog.org.nz
Address:	349 Woodham Rd, Avonside, Christchurch
Information:	Services and Support for youth up to age 25. Young parents support and counselling. The Young Parents Team can offer one to one social work support up to age 19; Parenting groups up to age 25. Our Health and Wellbeing team offers counselling to youth aged 10 – 25. Other programmes: Community Action on Youth and Drugs, Health and Wellbeing, Eating Awareness, Support for Young Parents, Little Owls Preschool (see website for details). Contact us about support. Open: Monday to Friday, 8.30am – 5.00pm.

Community Youth Mental Health Service

Phone:	281 7616
Mail:	PO Box 34 009, Christchurch
Email:	cymhs@odysseychch.org.nz
Website:	www.odysseychch.org.nz
Address:	98 Greers Rd, Burnside, Christchurch 8440
Information:	Community Youth Mental Health Service (CYMHS) is for youth aged 13 – 18 years who may be facing mild to moderate mental health and/or alcohol and drug issues. The service provides short-term intervention which includes assessment, treatment and support. In addition, it will also coordinate and support youth, and their families or referrer, to access longer term treatment if required. Self referral or other person (e.g. GP, counsellor or parent) by phone or form on our website. CYMHS will also provide information to other services on treatment available in the community. Open Monday to Friday, 8.30am to 5.00pm.

Compassion Trust Financial Mentoring Service

Phone:	03 379 2329
Mail:	111 Seaview Road New Brighton Christchurch 8061
Email:	office@compassiontrust.org.nz
Website:	www.compassiontrust.org.nz
Address:	New Brighton - Grace Vineyard Church 111 Seaview Road New Brighton as well as Philipstown – Grace Vineyard Church 150 Ferry Road Philipstown
Information:	<p>We provide financial mentoring (budget advice), advocacy and working with creditors, Debt Management, Assistance and Advice, and money courses in New Brighton and Philipstown. We offer a free confidential & non-judgemental service and we support low income families and individuals within our communities in the Eastern suburbs as well as Phillipstown, Linwood and Woolston areas.</p> <p>Open: New Brighton – Monday to Friday 9am–5pm Open: Philipstown – Tuesday and Wednesday 9am–5 pm Community Care Programmes: Community Lunch – fortnightly on Mondays (contact 3792329 for specific date) at New Brighton Coffee and Chat – weekly on Wednesday from 9am–10.30 am at New Brighton Latimer Square Gathering– every Friday night 6pm–7 pm at Latimer Square</p>

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

Phone:	365 9479
Fax:	366 8276
Mail:	Po Box 33332, Barrington St, 8244
Email:	reception@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, 9.00am to 4.00pm.

Crisis Resolution – Canterbury DHB Specialist Mental Health Service (formerly known as Psychiatric Emergency Services or PES)

Phone:	0800 920 092 (24hr)
Information:	CDHB Specialist Mental Health Service provides 24/7 emergency mental health assessment, treatment and support for people of all ages experiencing a mental health crisis including suicidality.

Delta Community Support Trust

- Phone:** 389 0212
- Mail:** PO Box 26 091, Christchurch 8148
- Email:** Karen@deltatrust.org.nz
- Website:** www.deltatrust.org.nz
- Address:** 105 North Avon Rd, Richmond
- Information:** Foodbank: Monday, Wednesday and Friday 10.00am to 2.00pm. Café: Monday and Wednesday 10.00am to 1.00pm. Community Meal: Fridays at 12 midday (\$3). Advocacy and support available; various empowerment courses available, usually Tuesday or Thursday (all free). Cultural Worker (Wed, Thurs, 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: 10.00am to 2.00pm, Monday to Friday.

Depression Helpline

- Phone:** 0800 111 757 Text 4202
- Website:** <https://depression.org.nz>

Depression Support Network

- Phone:** 366 8083
- Mail:** C/- Christchurch Community House, 301 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 9.00am – 3.00pm.

Drug-ARM Christchurch

- Phone:** 327 8839 or 027 436 9925
- Mail:** PO Box 16869, Hornby, Christchurch 8441
- Email:** admin@drugarm.co.nz
- Website:** www.drugarm.co.nz
- Address:** 106 Emmett Street, Shirley, Christchurch

Information: Alcohol & drug support and advice. Street Van Outreach: Wednesday and Saturday nights 7.30pm - 9.00pm Latimer Square. Mobile Awareness and Support Service- Monday mornings 9.30am – 11am at Linwood Salvation Army Centre. Alcohol & Drug counselling and education by appointment - self, family or agency referrals welcome.

Emerge Aotearoa - Residential youth services

Phone: 371 5599
Fax: 331 6347
Mail: PO Box 2322, Christchurch 8140
Email: info@emergeaotearoa.org.nz
Website www.emergeaotearoa.org.nz
Address: 8 Kennedy Place, Hillsborough, Christchurch
Information: Residential support services for youth aged 14 – 19 with a mental health diagnosis and must be case managed. Office hours: Monday to Friday 9.00am – 5.00pm.

Emerge Aotearoa - Alcohol and Other Drug Services

Phone: 371 5599
Fax: 331 6347
Mail: PO Box 2322, Christchurch 8140
Email: info@emergeaotearoa.org.nz
Website www.emergeaotearoa.org.nz
Address: 8 Kennedy Place, Hillsborough, Christchurch
Information: Tailored and intensive treatment programmes to support clients in their intermediate and long-term recovery from addiction to alcohol and substance abuse in the safety of their own community. Specialist dual diagnosis services also offered.

Emerge Aotearoa - Child, Youth and Whanau Residential Services

Phone: 371 5599
Fax: 331 6347
Mail: PO Box 2322, Christchurch 8140
Email: info@emergeaotearoa.org.nz
Website www.emergeaotearoa.org.nz
Address: 8 Kennedy Place, Hillsborough, Christchurch
Information: Working with families/whanau, EmERGE provides services for infants, children and youth with mental health and addiction support needs or who require care, protection and support.

Emerge Aotearoa - Culturally Specific Services

Phone:	371 5599
Fax:	331 6347
Mail:	PO Box 2322, Christchurch 8140
Email:	info@emergeaotearoa.org.nz
Website	www.emergeaotearoa.org.nz
Address:	8 Kennedy Place, Hillsborough, Christchurch
Information:	To assist people on their recovery journey. Maori Pacific, Asian and European support workers. Clients are matched with age and culturally compatible support workers.

Emerge Aotearoa - Employment Support

Phone:	371 5599
Fax:	331 6347
Mail:	PO Box 2322, Christchurch 8140
Email:	info@emergeaotearoa.org.nz
Website	www.emergeaotearoa.org.nz
Address:	8 Kennedy Place, Hillsborough, Christchurch
Information:	Ceativeworks is a professional employment service that assists people with mental health issues or disabilities to find and keep paid employment.

Emerge Aotearoa - Flexible Disability Support Service

Phone:	371 5599
Fax:	331 6347
Mail:	PO Box 2322, Christchurch 8140
Email:	yourchoice@emergeaotearoa.org.nz
Website	www.emergeaotearoa.org.nz
Address:	8 Kennedy Place, Hillsborough, Christchurch
Information:	Provides young people leaving school with ORS funding, with the opportunity to access support services. Open 8.00am – 5.00pm.

Emerge Aotearoa - Housing

Phone:	371 5599
Fax:	331 6347
Mail:	PO Box 2322, Christchurch 8140
Email:	info@emergeaotearoa.org.nz
Website:	www.emergeaotearoa.org.nz
Address:	8 Kennedy Place, Hillsborough, Christchurch
Information:	Social Housing provided for low income earners who are eligible for Social Housing. Applications for Social Housing are processed through the Ministry of Social Development. Your local WINZ office can advise you on eligibility and options available. WINZ – 0800 559 009. Also see www.housing.msd.govt.nz/housing-options/social-housing/who-can-get-social-housing.html Emergency Housing provided for people for up to 12 weeks in both houses and in the community and some motels units throughout the country. Referrals from MSD required. Support with funding and sustainable housing.

Emerge Aotearoa - Intellectual Disability Support Services

Phone:	371 5599
Fax:	331 6347
Mail:	PO Box 2322, Christchurch 8140
Email:	info@emergeaotearoa.org.nz
Website:	www.emergeaotearoa.org.nz
Address:	8 Kennedy Place, Hillsborough, Christchurch
Information:	Support to people who have an intellectual disability. Aim to help people learn new skills and participate meaningfully in the community.

Emerge Aotearoa - Mobile Community Support Services

Phone:	371 5599
Fax:	331 6347
Mail:	PO Box 2322, Christchurch 8140
Email:	info@emergeaotearoa.org.nz
Website:	www.emergeaotearoa.org.nz
Address:	8 Kennedy Place, Hillsborough, Christchurch
Information:	Flexible and mobile support for people living independently (but not necessarily alone) in the community. For people who require additional support to remain actively involved with family/whanau, community living, education, employment and self management of their well-being in their recovery journey. Support accessing appropriate community services, managing household tasks,

and general daily living activities.

ACC – Supported Living Services provided to clients requiring assistance with daily living, including those affected by mental health issues, the elderly, and those with dual disabilities. Assistance with accessing community activities, social and recreational groups, education and employment options, parenting support, budgeting and dealing with other agencies.

Emerge Aotearoa - Multi Systemic Therapy

Phone:	371 5599
Fax:	331 6347
Mail:	PO Box 2322, Christchurch 8140
Email:	info@emergeaotearoa.org.nz
Website:	www.emergeaotearoa.org.nz
Address:	8 Kennedy Place, Hillsborough, Christchurch
Information:	Service designed to help young people attend school and/or work regularly and get along with their families/whanau and peers. Provides support in the home, school, neighbourhood or community. A therapist works with the family for 5 months (20 weeks), meeting at least 2-3 times per week. Focus is on family/whanau goals. Ensures support is available 24hrs a day, 7 days a week. Helps families/whanau manage very challenging behaviours, truancy, drug use, offending, absconding, anti-social behavior, criminal offending, self harm, non-compliance, school refusal, the impact of a young person's mental health on family dynamics.

Emerge Aotearoa - Peer Support Services

Phone:	371 5599
Fax:	331 6347
Mail:	PO Box 2322, Christchurch 8140
Email:	info@emergeaotearoa.org.nz
Website:	www.emergeaotearoa.org.nz
Address:	8 Kennedy Place, Hillsborough, Christchurch
Information:	Individualised support by support workers with first hand experience of mental illness. Aims to help clients understand and implement their own recovery and strengthen their involvement in the community. Interactive Workshops: Moving through the Concrete Jungle, and Peer Zone - to promote mental and physical wellbeing within a holistic framework.

Emerge Aotearoa - Primary Care Services

Phone:	371 5599
Fax:	331 6347
Mail:	PO Box 2322, Christchurch 8140
Email:	info@emergeaotearoa.org.nz
Website	www.emergeaotearoa.org.nz
Address:	8 Kennedy Place, Hillsborough, Christchurch
Information:	Support to clients that promotes wellness, and early detection and intervention to those with mild to moderate mental illness and/or alcohol and drug issues. Services: Assessment, treatment, client-centred model, education for clients and family/whanau.

Emerge Aotearoa - Residential Rehabilitation

Phone:	371 5599
Fax:	331 6347
Mail:	PO Box 2322, Christchurch 8140
Email:	info@emergeaotearoa.org.nz
Website	www.emergeaotearoa.org.nz
Address:	8 Kennedy Place, Hillsborough, Christchurch
Information:	24 hour rehabilitation support, set in a home-like environment. Referrals from Regional Rehabilitation Co-ordinators (from within DHB). Continued support to clients to regain independence and develop skills that facilitate independent living. Intensive Rehabilitation Services (ISR). 24 hour high-level care support to clients with serious mental health issues. Forensic Intensive Rehabilitation Services 24 hour high-level care to clients with serious mental health issues and who have a forensic history. Referrals from Mason Clinic through its forensic community teams.

Emerge Aotearoa - Respite Care

Phone:	371 5599
Fax:	331 6347
Mail:	PO Box 2322, Christchurch 8140
Email:	info@emergeaotearoa.org.nz
Website	www.emergeaotearoa.org.nz
Address:	8 Kennedy Place, Hillsborough, Christchurch
Information:	Community based, short term, temporary relief for caregivers whose primary role involves the care and support of a disabled family member.

Emerge Aotearoa - Supported Accommodation

Phone:	371 5599
Fax:	331 6347
Mail:	PO Box 2322, Christchurch 8140
Email:	info@emergeaotearoa.org.nz
Website:	www.emergeaotearoa.org.nz
Address:	8 Kennedy Place, Hillsborough, Christchurch
Information:	Tailored and intensive treatment programmes to support clients in their intermediate and long-term recovery from addiction to alcohol and substance abuse in the safety of their own community. Specialist dual diagnosis services also offered. Assistance with accessing community activities, social and recreational groups, education and employment options, parenting support, budgeting and dealing with other agencies.

Emerge Aotearoa - Whanau and Family Support

Phone:	371 5599
Fax:	331 6347
Mail:	PO Box 2322, Christchurch 8140
Email:	info@emergeaotearoa.org.nz
Website:	www.emergeaotearoa.org.nz
Address:	8 Kennedy Place, Hillsborough, Christchurch
Information:	Support to families/whanau who have a loved one facing a mental health challenge. Support workers can inform family/whanau about mental illness and how best to support their loved one. Assistance with strategies for coping and making contact with relevant services and support groups.

Enabling Youth – see Stopping Violence Services

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 9.00am - 5.00pm.

Family Planning Clinic - Christchurch

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.

Father & Child Trust

Phone: 982 2440
Mail: PO Box 26 040, North 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 10.00am to 2.00pm.

Gambling Helpline NZ

Phone: 0800 654 655 or txt 8006
Information: Also Maori Gambling Helpline 0800 654 656, Pasifika Gambling Helpline 0800 654 657, Debt Gambling Helpline 0800 654 658 and Youth Gambling Helpline.

Habitat for Humanity

Phone: 420 4342
Mail: PO Box 7603, Sydenham, Christchurch, 8240
Email: bridget.simons@habitchch.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.

Hei Hei Broomfield Development Project at ‘126 On The Corner’

Phone:	342 5864
Fax:	342 5864
Mail:	126 Hei Hei Road, Hei Hei, Christchurch 8042
Email:	tracey.heiheii@accd.org.nz
Address:	126 Hei Hei Road, Hei Hei, Christchurch
Information:	Advocacy services; one-to-one consultations; referrals; craft group; cooking group; variety group; walking group; gentle exercise; monthly community lunch; Tea and Tots; Men’s Group (2nd Friday of every month); and Community Energy Action drop-in centre at the church, corner Hei Hei and Buchanans Roads. Open: Monday - Thursday 9.00am – 3.30pm with last Friday of every month offering a FREE community lunch.

Hepatitis C Resource Centre

Phone:	377 8689
Fax:	377 8690
Mail:	PO Box 22478, Christchurch
Email:	hepc@rwc.org.nz
Website:	www.hepcclinic.org.nz
Address:	10 Washington Way, Christchurch Central 8011
Information:	The Hepatitis C Community Clinic provides a FREE non-judgemental and confidential service. WE offer testing, diagnosis and treatment for hepatitis C. We are open from 9.00am to 4.00pm Monday to Friday. We offer a walk in service and appointments. We welcome referrals from GPs, AOD, and Mental health and Social services.

Hereford Centre

Phone:	335 4500
Fax:	377 1624
Mail:	PO Box 4733, Christchurch, 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 8.30am - 4.45pm, Monday to Friday.

He Waka Tapu

Phone: 0800 439252
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 021 101 1438
Mail: PO Box 287, Christchurch 8140
Email: natalie@homeandfamily.net.nz
Website: www.homeandfamily.net.nz
Address: 76 Thackeray St, Waltham, Christchurch
Information: At Home & Family it is our mission 'to create environments for positive change'. We are proud to support children youth and adults through counselling, offering a professional and affordable service. We look at our counselling service as a 'pathway to healing'. Open Monday, Thursday and Friday from 9.00am to 5.30pm, Wednesday from 8.30am to 5.00pm, and Tuesday, 8.30am - 8.30pm.

Home & Family Society - Residential Parenting Programme

Phone: 944 0635
Mail: PO Box 287, Christchurch 8140
Email: sandra@homeandfamily.net.nz
Website: www.homeandfamily.net.nz
Address: 76 Thackeray St, Waltham, Christchurch
Information: At Home & Family it is our mission 'to create environments for positive change'. Our residential parenting programme allows parents to gain the skills needed to safely and effectively care for their children in a residential setting that is staffed 24hrs, 7 days a week.

Home and Family - Refocus

Phone:	944 0635
Mail:	PO Box 287, Christchurch 8140
Email:	natalie@homeandfamily.net.nz
Website:	www.homeandfamily.net.nz
Address:	76 Thackeray St, Waltham, Christchurch
Information:	Refocus are proud to support children and whanau through community based social work. The aim of refocus is to enable all families and young people to become thriving members of New Zealand society. The team's ability to work alongside whanau who live with inter-generational complexity is widely valued within our community.

Hoon Hay House

Phone:	335 0297
Fax:	355 0396
Mail:	16 Anvers Place, Hoon Hay, Christchurch 8025
Email:	hoonhay@goldenhealthcare.nz
Website:	www.goldenhealthcare.co.nz
Address:	16 Anvers Place, Hoon Hay, Christchurch
Information:	Hoon Hay House is a 40 bed residential community providing 24 hours, 7 days a week, staffed, extended care support for people with a mental illness. The service offers an individual based recovery programme. Management and staff work with residents, families and other health services to ensure healthy wellbeing in a safe and homely environment.

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 services Te Runanga o Ngä Maata Waka – Whanau Ora Navigators, Workbridge, Ara Institute of Canterbury, Community & Neighbours, Community Law Canterbury, Te Whare Awhero – Counselling Services, Green Prescription, Justice of Peace Services, Pegasus Health Community Worker, plus access to info on any of our stands.

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. Open Monday afternoons only, 2.30-5.00pm.

Housing First Christchurch

Phone:	0800 432424 (0800HFCHCH)
Website:	www.housingfirst.co.nz
Information:	Ending Homelessness in our city. Housing First is for people in Christchurch who have been rough sleeping for the past 12 months or longer OR Have had four episodes of homelessness over a three year period. The Housing First approach is to provide housing first and then provide ongoing wrap-around supports that enable people to achieve their goals. Contact one of the team to discuss the Housing First programme to see if Housing First is appropriate. Referrals- Housing first is happy to receive referrals and will email a referral form.

Housing New Zealand Corporation – Papanui

Phone:	0800 801 601 (free on cell phones)
Mail:	PO Box 5116, Papanui, Christchurch 8542
Website:	www.hnzc.co.nz
Address:	6 Restell St, Papanui, Christchurch 8053
Information:	Long-term and medium-term rental housing (state housing) for people on low incomes; Case management service for people with complex needs and a suitable homes service for individuals with physical, intellectual and disabilities managed by Community groups. HNZN manages the houses and tenancies of those that live in state houses. We offer KiwiSaver Homestart Grant, Welcome Home Loan, Tenant Ownership and FirstHome Scheme that make it easier for people to buy their own home. Emergency maintenance service for HNZN tenants only: Saturday and Sunday from Friday 6.00pm – Monday 8.00am. Core business hours: 8.00 am – 6.00pm, Monday to Friday.

Howard League Canterbury, The

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.

Independence House - Connelly Trust

Phone: 355 9462
Mail: 14 Bristol St, St Albans, Christchurch
Email: judy@independencehouse.org.nz
Website: www.independencehouse.org.nz
Address: 14 Bristol St, St Albans, Christchurch
Information: Residential support and carer/respite support for people aged over 60 with intellectual disabilities

Kennedy Detox Unit - Hillmorton Hospital

Phone: 339 1139
Fax: 339 1142
Mail: PO Box 4733, Christchurch 8140
Email: kennedy.unit@cdhb.health.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, assessments and self-referrals solely through the Christchurch Central Co-ordination Service - phone 338 4437 (self referrals welcome). 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
Email: reception@kingdom.pegasus.net.nz
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, \$18.00 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. Note: This service has reached capacity (April 2018), and not taking any new patients at this time.

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: Free budgeting support; Community budgeting education (including MoneyMates); employment/life skills courses for women. Open: Monday to Friday 8.30am to 5.00pm.

Latnam 826

Phone: 365 9479
Fax: 366 8276
Mail: PO Box 21020, Edgware, Christchurch 8143
Email: latnamhouse@mhaps.org.nz
Address: 826 Colombo Street, Christchurch Central
New Address: from 25 June, we will be located at 357 Madras St, Central City
Information: Latnam 826 – Activities centre for consumers of mental health and addiction services. Must have verification of consumer status. Age range: 18 and over. Open: Friday to Monday, 12.00 noon to 4.00pm. Peer support, computers, board games, newspapers, pool table, TV, DVD.

Life Links (Compensation Advisory Services Ltd) - Disability Support Services

Phone: 365 9593 0800 866 877
Fax: 365 5244
Mail: PO Box 2379, Christchurch 8140
Email: office@lifelinks.co.nz
Website: www.lifelinks.co.nz
Address: 42 Buchan St, Sydenham Christchurch 8023
Information: Lifelinks provides Needs Assessment and Service Coordination for people under 65 with a physical, sensory, intellectual or neurological disability. Opening hours: Monday – Friday, 8:30am - 5:00pm.

Linwood Resource Centre and Community Gardens

Phone: 981 5594 or 0220 620 733
Mail: 332 Linwood Avenue, Linwood, Christchurch 8062
Email: linwoodresource@accd.org.nz
Address: 332 Linwood Ave, Linwood, Christchurch 8062
Information: Advice and guidance; Gardens Group 10.00am – 11.30am on Tuesdays fortnightly; Community Garden open Monday – Thursday 9.00am - 12.00pm; Share and Sew 1.00 - 2.30pm Tuesdays fortnightly; Linwood Men’s Shed; Linwood Community Shed; Room hire; Affordable Fruit & Veggie Group; Volunteer opportunities; A safe space to meet new people.

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 Resource Centre – Linwood Men’s Shed & Linwood Community Shed

Phone: 981 5594 or 0220 620 744
Mail: 332 Linwood Avenue, Linwood, Christchurch 8062
Email: lms.linwoodresource@accd.org.nz
Address: 332 Linwood Ave, Linwood, Christchurch 8062
Information: Linwood Men’s Shed, open Monday to Wednesday, 10.00am – 1.00pm. Linwood Community Shed open Monday and Wednesday, 1.00pm – 3.00pm.

Linwood Resource Centre – Community Gardens

Phone: 981 5594 or 0210 2229 360
Mail: 332 Linwood Avenue, Linwood, Christchurch 8062
Email: lrcgardens@gmail.com

Address: 332 Linwood Ave, Linwood, Christchurch 8062
Information: Community gardens open 9.00am – 12.00pm, Monday to Thursday. Free garden plots for individuals, families and groups. Gardens Group 10.00am – 11.30am on Tuesdays fortnightly. Contact Donna for more information

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 – 12.00pm (need Community Services Card, ID and confirmation of applicant’s Linwood address); budgeting advice (by appointment); advocacy; lunch - Wednesday 12.00 noon – 1.00pm (\$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 9.00am – 12.00p

Male Survivors of Sexual Abuse Trust

Phone: 377 6747 or 027 353 3854
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 9.00am – 5.00pm.

Manuka Cottage Addington Community House

Phone: 338 1613
Mail: PO Box 33025, Barrington
Address: St Mary’s Church, Church Square, Addington
Email: manukacottage@accd.org.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 to Thursday, 10.00am - 1:00pm.

Marralomedas Charitable Trust

Phone:	352 8292
Fax:	354 0961
Mail:	50A Dunedin St, Redwood, 8051
Website:	www.marralomedas.org.nz
Email:	admin@marralomedas.org.nz
Information:	Long term residential care for adults with intellectual disabilities. Activity Centre providing day programmes for older adults in the community who have an intellectual disability.

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
Fax:	366 8276
Mail:	Po Box 33332, Barrington St, Christchurch 8244
Email:	reception@mhaps.org.nz
Website:	www.mhaps.org.nz
Facebook:	mhapschch
Address:	826 Colombo St, Christchurch 8013
Information:	Provide advocacy and peer support for consumers of mental health services in Canterbury. Age range: 18 and over. Open: Monday to Friday, 9.00am to 4.00pm

Narcotics Anonymous

Phone: 0800 628 632

Mail: PO Box 26 002, North Avon, Christchurch 8148

Email: contact@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 in 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 Advocacy Freephone: 0800 555 050

Free Fax: 377 7504

Mail: PO Box 1307, Christchurch 8140

Email: advocacy@advocacy.org.nz

Website: www.advocacy.org.nz/

Information: Free support or guidance with resolving your concerns about a health or disability service. Open: Monday to Friday 8:30am – 4:30pm.

Needle Exchange - Rodger Wright Centre - City

Phone: 365 2293

Fax: 365 2508

Mail: PO Box 22 478, Christchurch 8142

Email: admin@rwc.org.nz

Website: www.rwc.org.nz www.nznep.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.

Age range: 16 and over. Open: Monday to Friday

9.00am - 10.00pm, Saturday 11.00am - 10.00pm, Sunday 12.00 noon - 10.00pm,

public holidays 12.00 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 www.nznep.org.nz
Website: www.rwc.org.nz
Address: 108 Seaview Road, New Brighton, Christchurch 8061
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 kim@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. Social Programme for over 55s running every Wednesday. Parenting courses and activities. Pilates and circuits classes. Adult literacy & numeracy; ESOL assistance. After school and school holiday programmes. Open: 9.00am – 5.00pm Monday to Friday.

Neos

Phone: 358 8174 / 021 1893 853
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 6.30pm to 8.30pm Thursday nights (during term time).

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 10.00am to 4.00pm on Mondays, Wednesdays and Fridays, and now Saturdays 10.00am to 2.00pm.

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.EndingHIV.org.nz
- Address:** 185 Peterborough St, Christchurch Central
- Information:** Rapid HIV testing and counselling. Open Monday, Tuesday and Thursday, 9.00am to 5.00pm, and Wednesday, 12.00pm to 8.00pm.

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
- Mail:** 157 Waltham Rd (Cnr Brougham St), Waltham, Christchurch 8023
- Email:** christchurch@nzpc.org.nz
- Website:** www.nzpc.org.nz
- Information:** Promotes and advocates for the rights, health and wellbeing of all sex industry workers; offers support and a friendly environment at a drop-in centre (157 Waltham Rd, near Brougham St, 10.00am – 5.00pm); information on the law and sex work; information on tax; magazines for all sex workers; free condoms and other safe sex products (e.g. water-based lube, dams, sponges, gloves; needle exchange programme); free sexual health clinic for anybody working in the sex industry 6.00pm – 8.00pm Wednesdays; referral service to sympathetic counsellors and other complementary agencies (free counselling on Wednesday night); and support for sex workers seeking other options, shower available for women, and free food.

Nova Lodge Trust

- Phone:** 349 2053 or 349 2055 (clients)
- Fax:** 349 2054
- Mail:** PO Box 23 010, Christchurch 8445
- Email:** joy.green@novatrust.org.nz
- Address:** 43 Newtons Rd, Templeton, Christchurch
- Information:** 3-6 month residential, therapeutic and work skills programme, 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. Agency referral. Age range: 20 and over. Office hours: Monday to Thursday 7:30am - 4:00pm, Friday 7:30am - 2:00pm.

Oak Development Trust

- Phone:** 960 6878
- Mail:** 80 Rattray St, Riccarton, Christchurch 8041
- Email:** admin@odt.org.nz
- Website:** www.odt.org.nz
- Address:** 80 Rattray St, Riccarton, Christchurch 8041
- Information:** Services: Common Ground Café – free tea, coffee, hot chocolate and baking and meet up with other people from the community. Includes an English speaking table for migrants who want to practice their English. On the first and third Friday of every month. Nail Care Clinic – nurse on site. Foot spa and massage. Every 6 weeks. Contact Carol on 027 282 0693. Cost by Koha. Basic English language classes - Friday mornings, 9.45am – 11.45am, during school term. Mainly Music – enjoy music with your pre-schooler - every Wednesday morning from 9.30am – 11.30am during school term. Cost: \$3. Older Person’s Gatherings - five afternoons a year. No cost. See website or contact office for further details. Affordable Community Camps - twice a year for families. Call the office for further details. Community Day - third Saturday in October at Harrington Park, Peverel St, Riccarton. Organized by the community for the community. All ages welcome. Riccarton West Community Garden - 151-153 Peverel St, Riccarton. Monday to Friday, 10.30am – 12.30pm. Asian Wellbeing – advocacy service for the Asian Community. Social Workers assist in liaising with government agencies, NGOs, health professionals, etc. Contact Changhun on 022 680 2299 Community Development Worker - welcomes new residents to the area and provides support with making social connections. Contact Nicki on 021 056 9315.

Oasis Centre for Problem Gambling – Salvation Army

- Phone:** 365 9659
- Mail:** PO Box 21375, Christchurch 8149
- Email:** oasis_christchurch@nzf.salvationarmy.org
- Website:** www.salvationarmy.org
- Address:** 126 Bealey Ave, Christchurch
- Information:** We provide free and confidential support, education and counselling for those affected by gambling harm, as well as for their family members/affected others. Open: Monday, Wednesday, Thursday and Friday 8.30am - 5:00pm, Tuesday 8.30am - 7:00pm. Oasis also runs clinics in Ashburton, Kaiapoi and Rangiora. Contact the Christchurch office for appointments.

Odyssey House - Men's Residential

Phone: 358 2690
Fax: 358 2907
Mail: PO Box 34 009, Christchurch 8540
Email: odyssey.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: youth@odysseychch.org.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 11.00am – 4.00pm; Community Garden (swap veges for time in the garden on Saturday 10.00am – 1.00pm and Wednesday 1.00pm – 3.00pm). Church Sunday morning 10.00am -7.00pm

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 5.00pm.

Ōtautahi Community Housing Trust

Phone: 0800 624 456
Mail: PO Box 53, Christchurch 8140
Email: admin@ocht.org.nz
Website: www.ocht.org.nz
Address: 61 Kilmore St, Christchurch 8013

Information: The Ōtautahi Community Housing Trust is an accredited Community Housing Provider and is able to house people with the greatest need and who have an application on the Social Housing Register operated by the Minister of Social Development. The Trust manages over 2300 social housing homes, catering mainly for single people, couples or small families due to the size of our housing stock. Open Monday to Friday, 8.30am – 5.00pm

Otautahi Women's Refuge *see* Te Whare Hauora

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: 286 Oxford Terrace, Christchurch
Information: Friday night drop-in centre 7:00pm - 9:30pm for supper, pool, cards and hats. Mainly Music Tuesday's 10.00am during term times.

Overeaters Anonymous

Phone: 365 3812
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.

Papanui Baptist Freedom Trust

Phone: 352 4227
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 o800 Hungry), Foot Clinic, Community Lunch, Creative Sewing, Mainly Music, Card & Board Games.

Pathways -

Phone: 339 3780
Fax: 339 3783
Mail: PO Box 22 105, Christchurch 8140
Email: christchurch@pathways.co.nz
Website: www.pathways.co.nz
Address: 21 Birmingham Drive, Middleton, Christchurch 8024

Petersgate Counselling Centre

Phone: 343 3391 and 027 349 7712
Fax: 343 2934
Mail: PO Box 6088, Upper Riccarton, Christchurch 8442
Email: info@petersgate.org.nz
Website: www.petersgate.org .nz
Address: 29 Yaldhurst Rd, Sockburn, Christchurch
Information: Affordable professional counselling for everyone, regardless of creed, culture or socio-economic background. Open: 9.00am – 9.00pm, Monday to Thursday, and 9.00am – 5.00pm on Friday. Call for an appointment.

Phillipstown Community Centre

Phone: 379 3256 / 0204 121 6155
Mail: PO Box 10181, Christchurch, 8145
Email: info@phillipstown.org.nz
Website: www.phillipstown.org.nz
Address: Room 2, 39 Nursery Road, Phillipstown Hub, Phillipstown
Information: Advocacy; information; support; referrals; telephone, computer & internet, photocopier, printer, laminator; help with CVs, letter writing etc; OSCAR programs (breakfast club, after school, holidays); Leisure group for older adults meets weekly; come here to join Affordable Fruit & Vege Group. Open: Monday – Friday 9.00am-5.30pm.

Phillipstown Community Hub/Te Whare Whanau Whanui

Phone:	595 2023 or 020406 91419
Mail:	PO Box 10181, Christchurch 8145
Email:	viviana@phillipstownm.org.nz
Website:	www.phillipstown.org.nz
Address:	Room 2, 39 Nursery Road, Phillipstown Hub, Phillipstown
Information:	The Phillipstown Community Hub/Te Whare Whānau Whānui, 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 Community Music Trust, ICECycles, Canterbury Refugee Resettlement and Resource Centre, Pura Pura Whetu, White Elephant Trust, OSCAR network, Phillipstown Community Garden, Phillipstown Neighbourhood Policing Team) 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.

Piki Te Ora Medical Centre – see Union and Community Health

PILLARS

Phone:	0508 745527 (PILLARS)
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 – We are moving to 50 Durham St, Christchurch from mid June 2018
Information:	Supporting children and families of prisoners – Family/Whanau Programme (Social Work support) Mentoring for children of prisoners. 0508 help line. Open Monday to Friday 9.30am to 5.00pm.

Pregnancy Centre, The

Phone:	351 3227 (or After Hours 0508 437348)
Mail:	88 Idris Road, Bryndwr, Christchurch 8052
Email:	pregcentrechch@xtra.co.nz
Website:	www.pregnancycentre.org.nz

Information: Catholic service for women/couples with a crisis pregnancy. Free pregnancy tests, confidential, information on all options, material support and follow-up through pregnancy/post birth period. Also provide counselling for baby loss, and tuition in Natural Fertility. Open: Monday to Friday, 10.00am – 3.00pm or by appointment.

Pregnancy Counselling Services

Phone: 0800 773 462 / 338 3057 (24/7)
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 and post abortion counselling can be arranged. PCS also assists with advocacy and support for women considering adoption. Open: 24 hours a day, 7 days a week.

Pregnancy Help Canterbury

Phone: 385 0556
Mail: PO Box 18855, New Brighton, Christchurch 8641
Email: canterbury@pregnancyhelp.org.nz
Website: www.pregnancyhelp.org.nz
Address: 'The Old School', 95 Hawke St, New Brighton
Information: Drop In Centre hours Tuesday to Friday, 9.30am – 2.30pm offering free pregnancy tests; non-judgmental information and advice around options for pregnancy and infant parenting; referrals to other agencies/community organisations and groups in Christchurch that may be relevant; clothing from maternity-newborn baby-1 years old; equipment on loan (bassinets, co-sleepers, prams, highchairs and assorted baby items), bedding for bassinets and cots among other related items. Every Tuesday from 10:30am, we host a Bumps & Bubs Parent Wellness Support morning tea centered around empowerment and connection. Come in 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: Unit 4, Amuri Park, 25 Churchill St, Richmond, Christchurch 8013
Website: www.psuffersouth.org.nz
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 till 8.00pm.

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
Website: www.prisonersaidnz.org.nz
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 or recently released from prison in New Zealand to reintegrate.

Problem Gambling Foundation of NZ

Phone: 379 2824 or 0800 664 262
Mail: Level 1 The Loft, Eastgate Mall, 20 Buckleys Rd, Linwood, Christchurch
Email: pgf@pgfnz.org.nz
Website: www.pgfnz.org.nz
Address: Level 1 The Loft, Eastgate Mall, Cnr Buckleys Rd and Linwood Ave, Linwood, Christchurch
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, 8.30am – 5.00pm, but please phone 0800 664 262 for an appointment.

Problem Gambling Foundation - Asian Family Services

Phone: 0800 862 342

Psychiatric Emergency Services (PES) *see* Crisis Resolution

Purpura Whetu Trust

Phone: 379 8001

Mail: Level 1/166 St Asaph St, Christchurch 8011

Email: office@pw.maori.nz

Address: 1/166 St Asaph St, Christchurch

Website: www.pw.maori.nz

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. Open: Monday to Friday 8:30am – 4:30pm.

Rehua Marae

Phone: 355 5615

Mail: PO Box 21 260, Edgeware, Christchurch 8143

Email: toni@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.

Rowley Resource Centre – Te Whare Rauemi O te horomaka

Phone: 960 1776

Mail: 89 Rowley Avenue, Hoon Hay, Christchurch 8025

Email: manager@rowleyresourcecentre.org.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. Free services available: phone use, internet, coffee. Small meeting space available for evening community use for meetings and classes. Office hours Monday-Thursday 9.00am-2.00pm.

Salisbury Street Foundation

Phone:	355 9189
Fax:	355 9123
Mail:	PO Box 36 174, Christchurch 8146
Email:	lyn.voice@salisburystreet.co.nz
Website:	www.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. Referrals for this programme are required from the Department of Corrections.

Salvation Army - Addington Supportive Accommodation for Men

Phone:	338 5154 (24 hr)
Mail:	PO Box 9057, Addington, Christchurch 8149
Email:	addington@nzf.salvationarmy.org
Address:	62 Poulson St, Addington
Information:	Emergency accommodation for men 18 + for up to 12 weeks. Access interview on entry. Open: 24 hours, 7 days a week.

Salvation Army - Aranui

Phone:	388 1072
Mail:	PO Box 15 107, Wainoni, Christchurch 8643
Email:	aranui_corps@nzf.salvationarmy.org
Address:	34 Portsmouth St, Wainoni
Website:	www.facebook.com/TSAAranui/notification
Information:	Food Bank: Monday, Wednesday and Friday 10.00am to 12.00noon (Photo ID required ie: Drivers license, HANZ card, Site Safe); Family Store Monday to Saturday 10.00am to 12.00pm. Advocacy on case by case basis. Financial mentoring (Budgeting) by appointment. Recovery Church (Addictions support group). Shuttle service Monday 6.30pm. Community Coffee Connect Thursday 10.00am to 12.00pm (free drop in group). Whanau focused events as advertised. Mens and Womens Interest groups and events. Monthly shared lunch - last Sunday of the month at 12.00pm. Worship meeting 10.30am Sunday. SOS Street Outreach Service (work with street based sex workers) Contact.

Salvation Army - Christchurch North Community Ministries (formerly known as Belfast Community Ministries)

Phone: 323 8257
Mail: PO Box 76034, Northwood, Christchurch
Email: christchurch_north_corps@nzf.salvationarmy.org
Address: 794 Main North Road, Belfast (entrance Donegal St)
Information: 10 Independent Living Units (Social housing units). Need to be on the Social Housing Register and Assessment for eligibility for the Social Housing Register is through WINZ. Food bank by appointment only, Tuesdays and Thursdays 9.30am – 12.30pm. Budgeting by appointment on Mondays only. Family stores (second hand goods) at: 4 Restell St, Papanui - Open Monday to Friday 9.00am to 4.30pm and Saturdays, 10.00am – 3.00pm; and at 50 Charles St, Kaiapoi - Open Monday to Friday, 9.00am to 4.30pm and Saturdays, 10.00am – 3.00pm. Sunday service for the whole family at Northcote School Hall, 26 Tuckers Rd, Northcote at 10.00am. Positive Lifestyle Course; Low Impact Exercise Group Wednesday 1.00pm; Pastoral/Counselling support; Free bread, Monday, Wednesday and Thursday available around 11.30am; Race Track Support Chaplaincy.

Salvation Army Bridge Programme

Phone: 338 4436
Fax: 338 4312
Mail: PO Box 9070, Tower Junction, Christchurch 8149 Email: christchurch_bridge@salvationarmy.org.nz
Address: 35 Collins St, Addington, Christchurch
Information: 6 to 8 week alcohol and drug intensive rehabilitation 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: 20 and over. Open: Monday to Friday 8.00am to 5.00pm.

Salvation Army – Community Emergency Housing

Phone: 338 5154 (24 hr)
Mail: PO Box 9057, Addington, Christchurch 8149
Email: addington@nzf.salvationarmy.org
Address: 62 Poulson St, Addington
Information: Short term accommodation provided to families in need of emergency housing, along with support services that are designed to assist transition to a stable personal and financial position, and achieve a more sustainable housing solution. Access through MSD and WINZ.

Salvation Army Christchurch City Community Ministries

Phone: 366 8128
Mail: PO Box 1015, Christchurch 8140
Email: christchurch_corps@nzf.salvationarmy.org
Address: 853 Colombo St, Cnr Colombo and Salisbury Sts.
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
Email: southern_dhq@nzf.salvationarmy.org
Address: 2 Avenger Cres, Wigram
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 8.30am to 4.30pm.

Salvation Army - Hornby Community Ministries

Phone: 349 6268
Mail: PO Box 16967, Hornby, Christchurch 8441
Email: hornby_corps@nzf.salvationarmy.org
Address: 23 Manurere Street, Hei Hei, Chch 8042
Information: Budgeting and Advocacy by appointment; Foodbank open Monday, Wednesday and Friday, 9.30am – 12.00pm; Free bread every Tuesday, 9.30am – 10.00am with a cuppa/sing-a-long then a small group study/discussion; Craft group Tuesday afternoon, 1.00pm - 3.00pm; ; Church service Sunday at 10.30am. Centre hours are Monday – Friday 9.30am – 12.30pm & 1.30pm – 4.00pm.

Salvation Army - Linwood Community Ministries

Phone: 389 3723
Fax: 389 3723
Email: linwood_corps@nzf.salvationarmy.org
Address: 177 Linwood Ave, Linwood
Information: Chaplaincy support; Food Bank: Monday to Friday 9.00am – 12.00pm, then from 1.00pm – 3.00pm (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
Mail: PO Box 9070, Addington, Christchurch 8149
Email: christchurch_bridge@nzf.salvationarmy.org
Address: 27 Collins St, Addington
Information: Centre for people with alcohol and drug issues; support groups and peer support. Age range; 18 and over. Open: Monday to Friday 9.00am - 3.00pm. Registration required to take part in Te Awhina programme.

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.

Sarona Community Trust

Phone: 338 2677
Fax: 335 0243
Mail: 26 Cedars Rd, Hoon Hay, Christchurch 8025
Email: sarona.trust@xtra.co.nz
Website: www.swbc.org.nz/ministry/associated-trusts/sarona-trust/
Address: 26 Cedars St, Hoon Hay
Information: 24 hour, Level 3 residential rehabilitation services for people aged 18 – 65 years recovering from mental illness.

Sexual Health Centre

- Phone:** 364 0485
Fax: 364 0040
Mail: Private Bag 4710, Christchurch
Email: shc@cdhb.health.nz
Address: 314 Riccarton Rd, Christchurch
Information: Free sexual health testing and treatment for sexual health problems. No referral necessary. Free condoms. Appointment booking system. Please phone for an appointment. Open: Monday, Tuesday, Thursday and Friday 9.10am – 5.00pm, Wednesday 11.10am – 7.30pm.

Shakti - Ethnic Women's Refuge

- Phone:** 389 2028 or 0800shakti, 0800 742 584 (24hr crisis line) (free to call from landlines and cell phones)
Mail: PO Box 24238, Christchurch 8642
Email: sewsg@shakti.org.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.

Shakti - Ethnic Women's Support Group and Drop In Centre

- Phone:** 940 9416 / 389 2028
Mail: PO Box 24238, Christchurch 8642
Email: sewsg@shakti.org.nz
Address: 301 Tuam St, Community House, Christchurch Central, Christchurch 8011
Information: Drop-In centre 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 Monday to Friday, 9.00am – 4.00pm.

Spencer Beach Holiday Park

Phone:	329 8721
Fax:	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 9.00am – 6.00pm. Terms and Conditions apply.

South West Baptist Church

Phone:	03 338 4163
Fax:	03 338 4325
Mail:	PO Box 330 48, Barrington, Christchurch 8244
Email:	info@swbc.org.nz
Website:	www.swbc.org.nz
Address:	244 Lyttelton Street Spreydon, Chch 8024
Information:	Social support; Support and services for the elderly and young women; Services for Prisoners; Children and Family services; Sunday Church services; 9.00am, 11.00am & 7.00pm, and Tuesday Christian Fellowship at 7.30pm – a church service for people with special needs. Keep Active for people in the community at Spreydon site on Mondays 9.30am, 11.00am and Thursdays at 1.00pm. Keep Active is also on at Halswell site Tuesdays, Wednesdays and Fridays at 9.30am - 10.30am, and a session on Tuesdays at 11.00am for people with special needs.

St Aidan's Bryndwr

Phone:	351 8075
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 Julie 351 8075); Friday night youth group. Office hours: Monday - Friday 9.00am – 12.00pm. Services: 11.00am Thursday (Elmswood Retirement Village). 8.30am and 10.00am Sunday services.

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:** 37 Dover St, St Albans (St Albans Tennis Club), Christchurch
- Information:** At present (May 2018), St Albans Community Centre is placed at St Albans Tennis Club while the new Community Centre is being rebuilt. In approximately one year, the Centre will be rebuilt at 1047 Colombo St. 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); Manager's hours are: Monday, 8.00am – 5.30pm, Tuesday, Wednesday, Thursday and Friday 4.00pm until 6.30pm. On these days the Manager will be off site, however she will be available by mobile/email to make an appointment. Please leave a message on the answerphone.

St Vincent de Paul

- Phone:** 389 7484 (use extn for area required) Welfare Line 027 358 9400 (text only)
- Fax:** 389 7457
- Mail:** PO Box 26 007, Christchurch 8148
- Email:** welfare@svdpchch.co.nz
- Website:** www.svdpchch.co.nz/
- Address:** 265 Stanmore Road, Richmond
- Information:** The St Vincent de Paul is a voluntary international organization of men and women who practice Christian charity by helping those in need on a personal and person-to-person basis. The aim of the Society is to help all people in any need regardless of their race, belief or circumstances. Op shop; advocacy; home visits with food. Firewood. 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: Specialist counselling service for children, youth and adults who have experienced sexual violence. ACC accredited. Also provide support for victim's families/supporters and education and information for the wider community around sexual violence. Criteria applies around counselling for those aged under 18. 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 9.00am to 5.00pm, Riccarton – 10.00am to 4.00pm, Rangiora 10.00am to 3.30pm Mondays and Wednesdays, Ashburton 10.00am to 3.00pm 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 8244

Email: respite@stepstone.org.nz

Website: www.stepstone.org.nz

Address: 110 Domain Tce, Christchurch

Information: Adult respite care for people aged 18 and over with mental illness. Planned and emergency respite options are available. Access is only via a GP or CDHB Specialist Mental Health Services.

Stepping Stone Trust - Community Support (Adult)

Phone:	338 6390
Mail:	PO Box 33-103, Barrington, Christchurch 8244
Email:	office@stepstone.org.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. Access is only via CDHB Specialist Mental Health Services. Open: Monday to Friday 8:30am - 5:00pm.

Stepping Stone Trust - Youth Community Services

Phone:	338 6390
Mail:	PO Box 33-103, Barrington, Christchurch 8244
Email:	office@stepstone.org.nz
Website:	www.stepstone.org.nz
Information:	This service supports young people (14-25 years) who are better suited to receiving intensive support in their own community setting (usually their home). Access is only via CDHB Mental Health Services.

Stepping Stone Trust - Youth Residential and Respite Services

Phone:	332 6417
Mail:	PO Box 33-103, Barrington, Christchurch 8244
Email:	office@stepstone.org.nz
Website:	www.stepstone.org.nz
Information:	This service is for young people (aged 14-25 years) who have a primary mental health diagnosis. Access is only via CDHB Mental Health Services. This is a 24/7 Service.

Stepping Stone Trust – Adult Residential Services

Phone:	338 6390
Mail:	PO Box 33-103, Barrington, Christchurch 8244
Email:	office@stepstone.org.nz
Website:	www.stepstone.org.nz
Address:	Various
Information:	This service is for adults with mental health issues, who require medium to long-term residential services. Hours: 9.00am – 5.00pm. Staffed 24/7. Access is only via CDHB Mental Health Services.

Stopping Violence Services and Enabling Youth

Phone: 03 365 6266 or Free Phone 0800 478 778

Mail: PO Box 774, Christchurch 8140

Email: info@svschch.org.nz

Website: www.angermanagement.org.nz

Address: 36 Lismore St, Waltham, Christchurch

Information: Non violence men's group programmes and limited capacity for individual programmes. Non violence individual programmes for women, Fee: \$90 per session. WINZ may be able to assist. Limited funding for those who cannot afford the cost of a programme. Christchurch based emergency accommodation for men and women who receive a Police Safety Order (PSO) that don't have alternative temporary accommodation. Non violence programmes also provided in Rangiora, Ashburton and Timaru. Open Monday to Friday, 8.30am - 5.00pm.

Enabling Youth. Free service. We currently work within the age range 11 to 24 years. Located at 36 Lismore St, Waltham, Christchurch. Open Monday to Friday, 8.30am - 5.00pm. We can also provide an outreach service and have staff located at Wellbeing North Canterbury, Rangiora, one day per week. Enabling Youth has a satellite office in Timaru, servicing South Canterbury. Our staff member works out of the YMCA, Butler St, Timaru. The age range we work with in South Canterbury is 12 to 18 years. Open Monday to Friday, 8.30am - 5.00pm.

Christchurch South Community Gardens Trust

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, 10.00am to 2.00pm. 'Workers lunch' is provided Thursdays and Saturdays 12.00pm - 12.30pm. The Resource Centre is open five days a week, Tuesday to Saturday. Christine Blance (mgr), other staff and volunteers are available to assist you on these days. We have a room for hire, suitable for private consultations and meetings.

Street Wise

Phone: 0274467494 - River Jayden

Email: admin@streetwisenz.com

Information: Volunteer organisation delivering kindness and justice to those with no fixed abode through the provision of advocacy, practical support and social opportunities.

Suicide Crisis Helpline

Phone: 0508 828 865 0508 TAUTOKO

Supporting Families in Mental Illness - Canterbury (SFMIC)

Phone: 366 9284 or 0800 87 66 82

Fax: 377 7947

Mail: PO Box 22 098, Christchurch 8140

Email: sfpb@xtra.co.nz

Address: The Hub, 275 Hereford St, Central Christchurch

Website: www.supportingfamilies.org.nz

Information: Provide free support for families who have a family/whanau member with a mental illness – including suicide bereavement through to major mental illness (just phone or email); field worker service to the wider Canterbury region (CDHB area), one to one and facilitated group peer support in Christchurch and North Canterbury, advocacy, information, education. Qualified experienced fieldworkers with lived experience. Courses: for families regarding personality disorders (Family Connections), self-care for carers (Stepping Out), suicide bereavement (WAVES course plus a one to one support option), children understanding mental illness of a family/whanau member (CUMI Programme), healthcare worker seminars. Open: Monday to Friday, 8.30am to 5.00pm, otherwise leave a message. You're never alone.

Te Kakakura 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 8:30am - 5:00pm.

Te Kakakura Trust - Residential - Te Korimako

Phone: 351 5837

Mail: PO Box 13 070, Christchurch 8141

Email: tkm@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: info@tepunaoranga.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 Awhero – Hope House

Phone: 967 4673
Mail: 36 Aymes Rd, Hornby, Christchurch 8042
Email: admin@hpct.org.nz
Address: 36 Amyes Rd, Hornby, Christchurch 8042
Website: www.hpct.org.nz

Information: Services: Community and Neighbours (CAN) provides support to people who are feeling socially isolated. Can self refer, or can refer someone. Counselling service available for children, young persons and adults. Women's Café – fortnightly gathering of women of all ages, with free specialty coffees and baking. Contact Jill 980 2296 ext 216 or email admin@hopechurch.net.nz OSCAR childcare, before school care, After School Care and School Holiday Programmes for children aged 5-13 years, see www.horizonsoscar.net.nz All programmes are CYF's approved, OSCAR approved and WINZ subsidies can be applied for to attend them. Individualised group programmes for stress management for Parents and children's wellbeing. Open Hours, Monday to Thursday 9.00am to 5.00pm, and Friday, by appointment only.

Te Whare Hauora (formerly Otautahi Women's Refuge)

Phone: 0800 11 74 74 (24hr crisis line) or 379 6910
Mail: PO Box 7537, Christchurch 8240
Email: admin@tewharehauora.com
Information: Safe accommodation for Wahine and Tamariki affected by Domestic Violence.

Te Whare Roimata

Phone: 379 5134
Mail: PO Box 32 129, Christchurch 8011
Email: tewhareroimata274@gmail.com
Address: 274 Gloucester St, Linwood, Christchurch
Information: For residents of the eastern Inner City neighbourhoods and urban Maori. Services currently available include a comprehensive community arts programme and art gallery at the Linwood Community Arts Centre; pre-employment work skills training at Smith St Community gardens; a support and outreach programme focused on health, welfare and housing which provides information, support and advocacy; a weekly community café; cultural advice and awahi for Maori; neighbourhood regeneration projects post-quake at the Linwood Village including running Stanmore Book and Post, the Tiny Shops project and Kua Hua Ake Te Ao café and the Tin Roof Op shop offering quality goods at affordable prices.

Te Whare Roopu o Oterepo Waltham Community Cottage

Phone: 942 2173
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, badminton, crafts, and ukulele group. After school guitar lessons. Monthly Seniors Group. Six weekly foot clinic. Men's group. Self-development and Communication classes. Computer suite. Advocacy and support. Open Monday, Tuesday, Wednesday 9.00am to 3.00pm and Thursday 9.00am to 1.00pm.

Tenants Protection Association - TPA

Phone: 379 2297
Mail: Christchurch Community House, 301 Tuam Street, Christchurch 8011
Email: info@tpa.org.nz
Website: www.tpa.org.nz
Address: Christchurch Community House, 301 Tuam Street, Christchurch
Information: TPA provide a free and confidential advisory service and tenancy education for tenants and agencies in the Canterbury Region. We can do a lot of work with tenants over the phone. Tenants can be seen at our central city office. There is a staff member working at Linwood Link (Work and Income) one morning a week. Staff also work one morning a fortnight in either New Brighton, Shirley or Aranui. It is best to ring and make an appointment to ensure you will be seen. Opening hours: Monday, 10.30am – 4.00pm, and Tuesday – Friday, 9.00am – 4.00pm.

Thorpe House – see Christchurch City Mission

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, , Christchurch 8147
Email:	reception@uchc.org.nz
Address:	201 Linwood Avenue
Information:	Medical services for people who live on the east side of Christchurch - free for enrolled children under 18 and \$18.00 for enrolled adults. Open: Monday to Friday 8.30 – 5.00pm.

Victim Support

Phone:	0800 842 846 (24hr)
Mail:	PO Box 16 103, Hornby, Christchurch 8042
Website:	www.victimsupport.org.nz
Email:	nationaloffice@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.

VisionWest Community Trust

Phone:	09 818 0706
Mail:	PO Box 20 406, Glen Eden, Auckland 0641
Email:	housing@visionwest.org.nz
Website:	www.VisionWest.org.nz
Address:	47 Riccarton Rd, Riccarton
Information:	Provides safe, quality, affordable long term rental accommodation for low income families who cannot access Government supplied accommodation and cannot afford private rental housing. We can provide optional social worker assistance to help people with their plans and to move forward.

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 8.00am to 4.00pm.

Walsh House

- Phone:** 365 0635
Fax: 366 7100
Mail: 276 Hereford St, Level 2, Christchurch Central
Email: catherine@citymission.org.nz
Website: www.citymission.org.nz
Information: Safe drop-in centre for women (with or without children). Breakfast; Tuesday to Friday; Craft and other activities as planned including social work support and access to other professionals; Washing and shower facilities by arrangement. Mum's and bubs support; Tuesdays 12.00pm to 2.00pm. Age range: 17 years and over. Open Monday 9.00am – 3.00pm, Tuesday to Friday, 9.00am – 12.00 noon.

Westside ACTS Church – see Activate Church Christchurch

West Christchurch Women's Refuge

- Phone:** 379 0575 0800REFUGE (733 843) (24hr crisis line)
Mail: PO Box 33 292 Barrington 8244
Email: w.w.r@xtra.co.nz
Website: www.westchchwomensrefuge.org.nz
Information: Women's refuge services, including 24 hour crisis line, community outreach support, refuge safe house and residential services, whanau protect home safety service.

White Wings Charitable Trust

- Phone:** 0800 377 391 and 389 8851
- Mail:** Unit 1/140 Aldwins Rd, Linwood Park, Linwood, Christchurch 8011
- Email:** whitewings@xtra.co.nz
- Address:** Unit 1/140 Aldwins Rd, Linwood Park, Linwood, Christchurch
- Information:** White Wings Charitable Trust is an accommodation provider for men over 25 who are living with mental illness. Our staff coordinate community supports and prepare daily meals. We operate 7 days a week and men are required to be semi-independent and physically able. We accept referrals and require tenants to be supported by a GP or Case Manager. We will be moving in November 2018 to new premises. Phone for details. Office hours, Monday – Friday, 9.00am – 3.00pm.

Wigram Lodge

- Phone:** 343 0877 or 027 527 5024
- 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 \$180 - \$220 per week including power and facilities. bond from \$400. Office hours: Monday to Friday 9.00am - 6.00pm, Saturday 9.00am - 1.00pm.

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:** Unit 3a/242 Ferry Road, Waltham, Christchurch
- Information:** Free services - Counselling – up to 10 sessions, with a possible extension of a further 10 sessions where necessary. 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. OT and WINZ). Low-cost services. We run a variety of low-cost self-development courses. An extensive library with books on topics such as abuse, relationships, self-awareness. 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 10.00am to 2.00pm. We can be reached by phone Monday to Friday 9.00 am – 3.30 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
Website: www.workandincome.govt.nz
Information: Assistance with accommodation costs for beneficiaries and low income earners. An Accommodation supplement is a 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. Opening hours: 8.30 – 5.00pm.

WōW – Waiora ō Te Wahine (Wellbeing of Women) - (Formerly Single Mum's Support Service)

Phone: 338 0158 ext 212
Mail: PO Box 33 048, Spreydon, Christchurch 8244
Email: ekenneally@swbc.org.nz
Address: 248 Lyttelton St, Spreydon, Christchurch 8024
Information: Providing support, coffee groups, events, resources, advocacy, networks, pre-loved items and home and phone support for all women and their families. Open Monday – Thursday, 10.00am – 2.00pm.

Youthline

- Phone:** 0800 376 633 (24hr) and free txt 234
Website: www.youthline.co.nz
Information: Counselling, Mentoring, Webchat, Counselling through email. 24 hour service, 7 days a week.

Youth Services – NEET

- Phone:** 0800 428 666
Fax: 977 2701
Mail: 150 Hereford St, Christchurch Central
Email: info@avonmore.ac.nz
Website: www.avonmore.ac.nz
Address: 397 Brougham Street, Waltham
Information: NEET programme to help 16 & 17 year olds 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 8.00am to 5.00pm. 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, Transition to independence, Supporting Young people who need support towards independence, 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: 5/25E Churchill St, Christchurch Central, 8013
Information: Counselling, MH, A&OD, Medical services (GP, Nursing, Health assessments). Peer support, Youth development opportunities. Clinic Hours: 9.00am – 5.00pm, Monday to Friday.

YWCA Community Development Centre

Phone: 365 8720 ext 3
Mail: 285 Hereford Street, Christchurch 8011
Email: accounts@chchywca.org.nz
Website: www.christchurch.ywca.org.nz
Information: Emergency Accommodation for women and women with children (boys under 12 years old). Open Monday - Friday 7.30am – 5.00pm. 24/7 emergency phone for residents only.

**Community Support, Governance and Partnerships Unit
and Facilities Property and Planning Unit**

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