

Family Whānau Support Groups

Support Groups are for family whānau and friends of people experiencing mental health and/or addiction concerns.

Support groups throughout the Wellington Region.

We also offer a four week Addiction Education Programme for family whānau

For more information please contact the Family Whānau Coordinator on:
04 499 1049

Children Understanding Mental Health

A free programme for children aged 8-12 who have a member of their family whānau experiencing mental health/addiction concerns.

Boomerang - Kapiti Activities Centre

A place where anybody can come and feel welcome. Relax over a hot drink and be in the company of others who want to get out and meet a new people. The Activities Centre is open to anyone who thinks they may benefit from coming along.

When: Every Wednesday 10am-4pm

Where: Upstairs at The Shed Project
20 Tongariro St, Paraparaumu

Anxiety Group

A free programme for ages 18 years, and over. The group is for anyone who feels they would benefit from an anxiety management programme.

For more information please contact us on:

P: 04 499 1049

E: enquiries@atareira.org.nz

Locations Head Office

BNZ Centre, Level 6, 14 Hartham Place, Porirua

Opening Hours: Mon—Fri 8:30am — 5pm

Phone: 04 499 1049

Transitional Housing

Anvil House, Level 4, 138 Wakefield Street, Wellington

Opening Hours: Mon—Fri 9am — 4pm

Phone: 04 499 1049

Sustaining Tenancies

Phone: 027 241 1882

Contact

P: 04 499 1049

E: enquiries@atareira.org.nz

www.atareira.org.nz

Established in 1979 as Schizophrenia Fellowship Wellington Branch, Atareira is an incorporated society and a registered charity affiliated to Supporting Families in Mental illness New Zealand (SFNZ)



We gratefully acknowledge support from COGS, Lottery Grants, donations, bequests & membership fees.



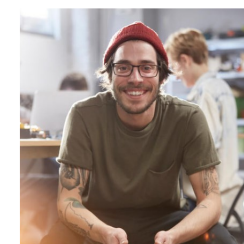
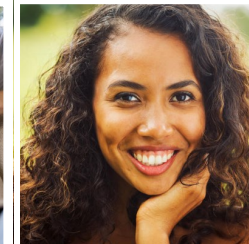
MINISTRY OF SOCIAL
DEVELOPMENT
TE MANATŌ WHAKAHIAO ORA



ATAREIRA

Mental Health &
Addiction Support for
Family Whānau

Services for family whānau of
people with mental health or
addictions concerns



ATAREIRA
Mental Health & Addiction Support for
Family Whānau,
Transitional Housing

www.atareira.org.nz



Our Service Provide

- Face to face and telephone support
- Information about mental health concerns, addiction and treatment options
- Support with communities and understanding family dynamics
- Encouragement and support to develop coping and self-care strategies
- Liaison with Mental Health and Community services
- Advocacy with all services and agencies
- Specialist support for children
- Family and whānau support groups

Family Whānau Support Service

Family whānau need access to services that support and enhance their wellbeing. We recognise and build on the resilience of family whānau, understanding and affirming their experience of supporting someone with mental health and/or addiction concerns. We provide information, advocacy and support. We are also able to support children through a specialised children's programme. Cultural support is available to family whānau.

Our service is:

- Free to use
- Recovery-focused
- Available to people of all ages
- Respectful of your privacy
- Mobile

Sustaining Tenancies

Sustaining Tenancies is a homelessness prevention initiative which aims to assist vulnerable tenants at immediate risk of losing their tenancy. We offer individualised, practical support to tenants by addressing their current needs and to help get them back on track.

Our service can be accessed by anyone in the Upper Hutt area whose tenancy may be at risk.



Transitional Housing

This service is for individuals with Mental Health concerns and Addiction needs that have contributed to them becoming homeless.

We provide transitional shared housing and supports that enable people to seek and apply for appropriate longer-term housing.

We welcome and encourage the involvement of any support organisations/agencies people choose to include in their Housing Action plan.

We assist residents to:

- Create a personalised Housing Action Plan
- Maintain their connections with clinical and community support
- Maintain their tenancy and secure permanent accommodation
- Explore opportunities for personal and professional growth