

SUPPORT GROUPS AND PEOPLE



WHERE TO GO FOR HELP

24 Hour Medical Centre- See
Registered Medical Practitioners in the
front of your telephone book.

Keep in contact with people from your antenatal group. Share concerns with your caregiver. (Remember sharing is caring and often a learning experience for your self and others).

ALCOHOL HELPLINE: 0800 787 797

BREASTFEEDING CENTRE: River Ridge East Birth Centre,
(07) 839 0425

CITIZENS ADVICE BUREAU: (07) 839 0395 Can supply most information on local organisations. Check with this group for new community support services.

FAMILY COUNCELLING SERVICES: (07) 858 4413

FAMILY SUPPORT SERVICES: (07) 856 3760
100 Morrinsville Rd, Hamilton. Confidential home based family support regardless of race or religion, gender or financial situation.

FAMILY START: (07) 848 0008

GP: Your own Doctor Provides free medical care for your child up to six years of age. The Practice Nurse may help with advice.

H.A.I.P. ANGER MANAGEMENT: (07) 834 3148 Intervention programmes for male offenders and female victims.

INDUSTRIAL RELATIONS: (Parental leave) 0800 800 863

K' AUTE PASIDIKA SERVICES: (07) 834 1482

LIFE LINE WAIKATO: (07) 838 0719

LA LECHE LEAGUE: 086 806 259 (Pager- remember to key in your own home phone number). Breastfeeding support group.

LINK HOUSE: (07) 854 963 Dawson Street. Self-esteem and assertiveness classes, Anger management, Single parent support for men and women.

MAORI WOMENS WELFARE LEAGE:

Contact: Selia Tuwhangi (07) 848 2534

MOTHER CRAFT UNIT: (07) 839 8899

Offer extra support for mothers and babies in need. Referrals by LMC, GP or Plunket. (With a lovely home like atmosphere within the hospital grounds).

MCKENZIE CENTRE: (07) 839 5357

Hammond Street, Hamilton. For Children with special needs.

MULTI BIRTH ASSOCIATION: Phone Mandy (07) 824 8700

NATURAL FAMILY PLANNING AND ADVICE IN LACTATION AMENORRHOEA: (07) 856 2696

PARENT LINE: (07) 839 4536 Parenting groups x3 weekly.

Anger Management and Domestic Survival groups for children up to 12 years and Keeping Ourselves Safe programme.

PARENTS PLACE: Home to Hamilton Parents Centre, NZ College of Midwives, La Leche.

General enquiries: Estelle (07) 855 7517

Parents Centre: (07) 855 7517

La Leche League: Dianne (07) 854 9186

PARENT TO PARENT: (07) 853 8491 or 0508 236 236

Network for parents with special needs children.

PLUNKETLINE: 24 hours 7 days a week PH: 0800 933 922

PLUNKET SERVICES: (07) 839 3982

Richmond Street, Hamilton.

Hours: Monday to Friday 8.00am – 4.00pm.

S.A.N.D.S: Stillbirth and Newborn Death Support, Waikato.

PH: 08000 570 033

SALVATION ARMY: (07) 843 4509 (The Nest) Community and Family Services, 20 Kahikatea Drive, Hamilton. (Early childhood education and crèche and Social Services Centre).

SPORT WAIKATO: (07) 838 2657

For Kiwi Baby, Kiwi Toddler, Preschooler exercise advice.
Free to Waikato parents.

**TE KOHAO HEALTH : 180 Dey Street, Hamilton
(07) 856 5479**

WAIKATO APNOEA MONITOR SERVICES: (07) 839 8622
Cot Death information: 8.00am – 7.30PM.

WDHB MATERNAL MENTAL HEALTH SERVICES: (07) 839 8899

WAIKATO FAMILY CENTRE RADNOR STREET: (07) 834 2036
Postnatal Depression and Teenage Support Group. Pleasant
welcoming surrounds. Hours: 8.00am – 4.30pm Mon – Fri.

WOMENS HEALTH CENTRE- WHISE (Women's wellness clinic)
(07) 843 1190. Corner Alexander and Collingwood Streets,
Hamilton. Hours: 10.00am – 5.00pm Mon – Fri.

WAIKATO RELATIONSHIP SERVICES: (07) 839 3267
30 Maeroa Road, Hamilton.
Relationship skills, Counselling, Effective Parenting and
Communication skills.

YOUNG MOTHERS SUPPORT GROUP: (07) 839 3982
Mon- Fri 8.00am – 4.00pm

Y'S MUMS AND TINY TOTS (1-2yrs) GROUP: (07) 838 2529
Groups held on Mondays 10.30am & Tuesdays 9.30am.