



GCCRS Support Group Directory

ABOUT THIS DIRECTORY

This directory provides information and contact details for a number of support services and community groups available in the Canterbury region. Most are free. It is not intended to be an exhaustive list of all services. If there is a service that you would like us to add, please email us at contact@gccrs.govt.nz and we will consider your request.

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BUDGETING

Christchurch Budget Service (03) 366 3422 is a non-judgmental service to help people to become financially stable. Email: chchbudget@gmail.com Web: www.christchurchbudgetservice.co.nz

Christchurch Methodist Mission (03) 375 1470 provides a free home-based budgeting service. They also offer advocacy support to ensure people are receiving their correct entitlements from government and community agencies. Email: info@mmsi.org.nz Web: www.mmsi.org.nz

Kingdom Resources (03) 332 1700 helps people struggling with money or need support towards employment. They offer free support and budgeting advice. Email: kr@kingdomresources.org.nz Web: kingdomresources.org.nz

Te Runanga O Nga Maata Waka Building Financial Capability Services (03) 382 6628 provides free home-based budgeting services, building financial capability plus services to those presenting with multiple and complex needs; advocacy support and whanau ora services. Web: www.maatawaka.org.nz

Work and Income 0800 779 997 are there to help you financially if you're on a low income or not working, support you into work and help you find housing. Web: www.workandincome.govt.nz

COMMUNITY AND VOLUNTEERING

Big Brothers Big Sisters of New Zealand (03) 358 4019 to become a mentor for a young person aged 6 - 12 which can have a positive lasting effect on their lives. Email: christchurch@bbbs.nz Web: bigbrothersbigsisisters.org.nz/christchurch-home.html

Canterbury Community Gardens supports people to grow their own food together. There are currently 30 local community gardens. Find your local garden and get involved on www.ccga.org.nz/garden-directory

Dress for Success (03) 343 3241 provides women in need within the community with appropriate clothing, a network of support and career development tools so they can thrive in work and life. Email: christchurch@dressforsuccess.org Web: christchurch.dressforsuccess.org

MENZSHED New Zealand (03) 960 4919 brings men together in one community space to share their skills, have a laugh and work on practical tasks either individually or in groups. Canterbury currently has 26 Men's Sheds. Email: regrep4@menzshed.nz Web: www.menzshed.org.nz/Canterbury-region

Te Runanga O Nga Maata Waka Maori Wardens (03) 382 6628 are part of a volunteer organisation with a proud tradition of tautoko (support), ārahitanga (guidance) and giving to Māori communities. Web: www.maatawaka.org.nz

Volunteering Canterbury (03) 366 2442 or 0800 865 268 offers individual and group volunteering opportunities. Web: www.volcan.org.nz

Waitaha Paddling Club 027 202 0509 are a Christchurch based Waka Ama paddling club that welcomes all ages and grades. Email: peter@lowdowndata.com

Women's Centre Christchurch (03) 371 7414 is a community organisation that provides services to women in a safe, supportive and affirming environment. Services include a drop-in centre, information and resources, free counselling, free legal consultation for guidance around legal advice and procedures, courses, a library, advocacy and lesbian support. Email: support@womenscentre.co.nz Web: womenscentre.co.nz

FAMILY AND PARENTING

Family Dispute Resolution (Fair Way) - (03) 962 9000 is a nationwide mediation service that helps people to discuss their parenting arrangements. Web: www.fairwayresolution.com/got-a-dispute

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Family Planning (03) 379 0514 provides services relating to sexual and reproductive health. Anyone can attend the clinic for an appointment with a nurse or doctor. Appointments are free for New Zealand residents under 22 years of age. Web: www.familyplanning.org.nz

Family Works (03) 366 5472 is a family-centred agency seeking to empower children, families/whānau and communities so they can flourish and reach their full potential. Web: familyworks.org.nz

Mensline 021 947 032 offers a fortnightly men's group for dads going through the separation process. Email: menslinechristchurch@gmail.com Web: mensline.net.nz

New Zealand College of Midwives (03) 377 2732 offers advice for women on pregnancy, labour and birth and the postnatal period. Web: www.nzcom.org.nz

Parent Help 0800 568 856 provides parent and family support. Web: www.parenthelp.org.nz

Parenting Through Separation Course is free and a pre-requisite for mediation or court proceedings. It is a great course for everyone to learn better communication skills. Web: www.justice.govt.nz/family/care-of-children

Parents Centre 021 0872 6943 works with parents to equip them with the best knowledge and skills so they can be the best parents they can possibly be. They regularly run antenatal and postnatal classes for parents. Web: www.parentscentre.org.nz/christchurch

The Parenting Place provides support, advice and educational courses (from babies to teenagers). Web: www.theparentingplace.com

FAMILY AND SEXUAL VIOLENCE (IF AN EMERGENCY DIAL 111)

Canterbury Women's Refuge Contacts:

- Aviva Christchurch Women's Refuge - 0800 2848 2669 (24/7 crisis line) or (03) 378 3847 (office)
- Battered Women's Trust - 0800 733 843 (24/7 crisis line) or (03) 332 4122 (office)
- Mid South Island Women's Refuge and Family Safety Services - 0800 007 750 (24/7 crisis line) or (03) 684 8280 (office)
- Shakti Ethnic Women's Support Group - 0800 742 584 (24/7 crisis line) or (03) 389 2028 (office)
- Te Whare Hauora (formerly Ōtautahi Women's Refuge) - 0800 117 474 (24/7 crisis line) or (03) 379 6910 (office)
- West Christchurch Women's Refuge - (03) 379 0575 (24/7 crisis line)

Family Violence Information Line 0800 456 450 provides information and support to anyone affected by family harm and connects people to other services where appropriate. Web: www.areyouok.org.nz

He Waka Tapu 0800 439 252 provides support to individuals and their whānau around dealing with issues of interpersonal violence and anger. Web: www.hewakatapu.org.nz

Men Building Relationships 027 477 4439 is an eight week group for men who want to improve their relationships with partners, family and friends.

Men's Positive Lifestyle Programme (03) 366 8128 is a free life skills course covering topics such as conflict resolution, stress, assertiveness and self-esteem.

Oranga Tamariki – Ministry for Children 0508 326 459 if you are worried about a child. Guidance on signs of neglect and/or abuse is on their website www.orangatamariki.govt.nz/identify-abuse

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Safe to Talk Sexual Harm Helpline 0800 044 334 is a 24/7 free, confidential and non-judgemental helpline for anyone affected by sexual harm. Web: www.safetotalk.nz

Stopping Violence Services 0800 478 778 offers individual and group interventions tailored to meet client needs and provides emergency accommodation for men who receive a Police Safety Order (Police referral). Web: www.svschch.org.nz

Te Runanga O Nga Maata Waka (03) 382 6628. Whanau Resilience Services – supporting whanau experiencing family harm through the process of enabling them to live violent free lives and create safe and secure homes for them, their children and whanau. Web: www.maatawaka.org.nz

Victim Support 0800 842 846 offers practical advice and someone to talk to for those who have experienced crime, trauma or loss. Web: www.victimsupport.org.nz

FARMING AND RURAL

New Zealand Young Farmers (03) 344 2473 supports the rural community by providing a social network for our young people. Please refer to our website for further information on NZYF clubs and contacts near you. Email: info@youngfarmers.co.nz Web: www.youngfarmers.co.nz/home-3/nzyf/

Rural Support Trust (RST) 0800 787 254 provides support to rural individuals and communities in times of need. As well as their own services, RST facilitates assistance from other services in relation to farming or business advice, financial information, health, mental health and counselling services. Web: www.rural-support.org.nz

FOOD BANKS

- 0800 Hungry - 0800 486 479 or (03) 384 7840
- Christchurch City Mission - (03) 365 0635
- Delta Community Support Trust - (03) 389 0212
- Nga Hau E Wha National Marae - (03) 382 6628
- Saint Vincent De Paul - (03) 389 7484 ext. 1
- Salvation Army - (03) 366 8128
- South West Baptist Church - (03) 338 4163

HEALTH AND DISABILITY SUPPORT

Active Canterbury 0800 228 483 has information, links and tools to help people take the first step towards a more active lifestyle www.activecanterbury.org.nz

Appetite for Life is a free six week course with a fun and positive approach towards weight management and achieving a healthy lifestyle. It includes practical and enjoyable ways to prepare food with tastings each session. Web: www.appetiteforlife.org.nz

Employer Advice Line 0800 805 405 provides free advice for employers and managers on how to support team members with a disability or health condition, including mental health.

Health Navigator is an online guide to health information. Web: www.healthnavigator.org.nz

Healthline 0800 611 116 provides free 24/7 healthcare advice. They can also tell you where the nearest GP or pharmacy is located.

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IDEA Services – Christchurch (03) 341 9200 provides disability services and support. Web: ihc.org.nz/idea-services

HOUSING AND ACCOMMODATION

Christchurch City Mission (Emergency Accommodation) - (03) 365 0635 is open 7 days from 5pm – 8.30am to residents aged 17 years and older. Web: www.citymission.org.nz/we-can-help/social-services

Nga Hau E Wha National Marae Social Housing - (03) 382 6628

Ōtautahi Community Housing Trust 0800 624 456 manage council and Housing New Zealand applications in Canterbury. Web: www.ocht.org.nz

Salvation Army (Addington Supportive Accommodation for Men) - (03) 338 5154 (24/7 line) offers night shelter and long-term accommodation for men aged 18 – 65. Email: addington_hostel@nzf.salvationarmy.org Web: www.salvationarmy.org.nz/get-help/housing

Temporary Accommodation Service 0508 754 163 assists households affected by a natural disaster to find safe, secure and accessible temporary accommodation while their home is repaired. Both homeowners and tenants can register. Access to the service is not income or asset tested. Email: temp.accom@mbie.govt.nz Web: www.temporaryaccommodation.mbie.govt.nz

Tenancy Services 0800 836 262 provides information on your rights and responsibilities as a landlord, tenant or unit title owner. They also provide services for resolving disputes, including mediation and coordinating the Tenancy Tribunal. Web: www.tenancy.govt.nz

Tenants Protection Agency (03) 379 2297 provides advice and advocacy to help resolve issues with your landlord. Web: www.tpa.org.nz

Work and Income 0800 559 009 if you urgently need somewhere to stay tonight, or in the next seven days. They also help with social housing applications. Web: www.workandincome.govt.nz/housing

LEGAL AND ADVISORY

Citizens Advice Bureau (CAB) 0800 367 222 is a free and independent service helping people understand their rights and obligations. Web: www.cab.org.nz

Community Law Canterbury (03) 366 6870 or 0508 226 529 provides free legal information and advice including family law and other court processes. At drop-in legal advice sessions they provide initial legal information and advice. In special circumstances they might take you on as an ongoing client. Web: www.canlaw.org.nz

Legal Aid (03) 339 4730 is government funding to pay for legal help for people who cannot afford a lawyer. It includes civil, family and criminal. Web: www.justice.govt.nz/courts/going-to-court/legal-aid/

MĀORI

He Waka Tapu (03) 373 8150 delivers services using a Kaupapa Māori framework encompassing Tinana (physical wellbeing), Wairua (spiritual wellbeing), Hinengaro (mental wellbeing) and Whānau (family wellbeing). Email: reception@hewakatapu.org.nz Web: www.hewakatapu.org.nz

Kakakura Health Services (03) 379 7200 provides Kaupapa Māori mental health services. Kakakura Health Services uses Tikanga Maori (māori beliefs, values and practices) and its own Momo Takata Ora Model (Māori Health Model) that focuses on the whole wellbeing of the whānau. Kakakura's services are available to all people who meet the criteria for referral and wish to be supported in a Kaupapa Māori environment. Email: info@kakakura.org.nz Web: www.kakakura.org.nz

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Purapura Whetu Trust (03) 379 8001 is a Kaupapa Māori provider, combining clinical, cultural and community support into services that embrace the māori view of wellbeing. They specialise in mental health and offer support for Whānau Ora, individual counselling and day programmes. Web: www.pw.maori.nz

Rehua Marae (03) 355 5615 offers Kaumātua services – day care and day support, clinical and non-clinical support and domestic and personal care in partnership with ACCESS. Email: admin@rehuamarae.org.nz
Web: rehuamarae.co.nz

Te Runanga O Nga Maata Waka (03) 382 6628 established as an Urban Maori Authority and offers a range of services including education courses, driving courses, budget advice and social services. Web: www.maatawaka.org.nz

Te Whare Roimata Trust (03) 379 5134 offers a range of services for residents in the inner East area, including community centre, crèche, support and out-reach service, courses (parenting skills and self-esteem), ESOL evening for refugees and migrants with a homework class for their children, sewing group for refugees and migrants and a community garden. Email: tewhareroimata@clear.net.nz Web: tewhare.webs.com

MENTAL WELLBEING AND ADDICTION

Alcohol and Other Drug (AOD) Christchurch Central Services (03) 338 4437 is the first point of call for all AOD services in Christchurch and surrounding areas. Email: chchaod@odysseychch.org.nz Web: www.odysseychch.org.nz/chch-central-service

Alcohol Drug Helpline 0800 787 797 or text 8681 is a 24/7 nationwide phone service for confidential information and support if you are concerned about your own or someone else's drinking or drug use. Web: www.alcoholdrughelp.org.nz

All Right provides wellbeing tips to support you and your whānau through tough times. Email: hello@allright.org.nz Web: www.allright.org.nz

Canterbury Charity Hospital (03) 360 2266 offers free counselling. Email: reception@charityhospital.org.nz
Web: www.charityhospital.org.nz

Canterbury Men's Centre (03) 365 9000 offers counselling specific to men, but couples counselling is also offered. Web: www.canmen.org.nz

Canterbury Support Line 0800 777 846 if you are finding it hard to cope and need support.

Comcare (03) 377 7020 assists people with mental health or addiction issues to live well in the Canterbury community, including social housing and mental health support services to clients in Christchurch and Canterbury. Email: enquiries@comcare.org.nz Web: www.comcare.org.nz

Crisis Resolution Service (Mental Health) 0800 920 092 provides crisis assessment and treatment support for people experiencing a serious mental health issue. More information can be found on the MHERC website: www.mherc.org.nz/directory/all-listings-alphabetical/psychiatric-emergency-service

Depression helpline 0800 111 757 or text 4202 for 24/7 support from trained counsellors. They also offer online support including a journal, free online self-help tool and specific advice about helping someone at work. Web: www.depression.org.nz

Home and Family (03) 944 0635 for parenting, counselling and child-focussed intervention services. Email: contact@homeandfamily.net.nz Web: www.homeandfamily.net.nz

Lifeline 0800 543 354 or text 4357 for 24/7 counselling and support. Web: www.lifeline.org.nz

Mental Health Advocacy and Peer Support (MHAPS) – (03) 365 9479 offers peer support for mental health and addiction recovery. It is an opportunity to connect with other people who have a shared experience. Web: www.mhaps.org.nz

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Mental Health Education and Resource Centre (MHERC) – (03) 365 5344 provides a free mental health library for anyone in Christchurch and the South Island, including the Canterbury Mental Health Directory of services. Web: www.mherc.org.nz/directory

Mental Health Foundation of New Zealand is a charity that works towards creating a society free from discrimination, where all people enjoy positive mental health and wellbeing. It provides information on mental health conditions, where to get help and how to support those you love and care about. Email: info@mentalhealth.org.nz Web: www.mentalhealth.org.nz

Need to talk? Free to call or text 1737 to talk to a trained counsellor anytime. Web: www.1737.org.nz

OUTLine NZ 0800 688 5463 for confidential, free, LGBTIQ+ support. Web: www.outline.org.nz

PGF Services (03) 379 2824 or 0800 664 262 have qualified counsellors who provide free professional and confidential support to both gamblers and others affected by gambling. They also offer support groups. Email: help@pgf.nz Web: www.pgf.nz

Samaritans 0800 726 666 for 24/7 confidential support to anyone who is feeling lonely or in emotional distress, and people who are worried about someone else. Web: www.samaritans.org.nz

Supporting Families 0800 876 682 supports family and whānau to provide a quality of life and recovery to their loved one who has a mental illness and their own self-care. Web: www.supportingfamilies.org.nz

Youthline 0800 376 633, free text 234 or email talk@youthline.co.nz for young people and their parents, whānau and friends. Web: www.youthline.co.nz

MIGRANT AND REFUGEE

Asian Family Services 0800 862 342 provides professional and confidential support to Asians living in New Zealand. Services are offered in English, Mandarin, Cantonese, Korean, Vietnamese, Japanese, Thai and Hindi. Email: asian.admin@asianfamilyservices.nz Web: www.asianfamilyservices.nz

Canterbury Refugee Resettlement and Resource Centre (03) 377 2538 or (03) 377 2544 is a NZ based non-governmental organisation (NGO) that advocates on behalf of the refugee communities resettled in the Canterbury area. Email: contact@canterburyrefugeecentre.org.nz Web: www.canterburyrefugeecentre.org.nz

Christchurch City Council's 'New to Christchurch?' Useful information for migrants and newcomers' guide (03) 941 8999 is available in several languages. A hard copy can be obtained by visiting a Christchurch City Council library or [download an English version of the guide here](#).

Christchurch Resettlement Services (03) 335 0311 provides practical support for resettlement needs as well as mental health support, advocacy and support connecting to other organisations. Web: crs.org.nz

Interpreting New Zealand 0508 468 377 provides interpreting services in New Zealand. When booking an appointment with any agency ask them to arrange for an interpreter. Web: www.interpret.org.nz

Language Connect (09) 624 2550 or 0800 788 877 is a free multi-lingual service providing information and advocacy on a wide range of issues including immigration, employment, housing, income support, education, health and wellbeing. Email: language@cab.org.nz

OLDER PEOPLE

65 Alive – Senior Alcohol and Drug Services (03) 338 4437 is a mobile service giving assessments, education and support to families and is based on individual needs. Email: 65alive@odysseychch.org.nz Web: www.odysseychch.org.nz/65-alive

Age Concern Canterbury (03) 366 0903 or 0800 803 344 for information, advocacy, advice and education for those aged over 65 years. Web: www.ageconcerncan.org.nz

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Elder Abuse Helpline 0800 326 6865 if you or someone you care about need support. Web: www.superseniors.msd.govt.nz/elder-abuse

Eldernet (03) 388 1271 provides information about services for older people in New Zealand. Web: www.eldernet.co.nz

Fun for Older Men 2 is a booklet of activities and fun things to do for men in Canterbury. It can be ordered by phone (03) 365 9000, email fom@canmen.org.nz or downloaded at www.canmen.org.nz/for-men.

Grandparents Raising Grandchildren Trust NZ (09) 418 3753 or 0800 472 637 supports grandparents and families raising grandchildren/whānau in New Zealand. Web: www.grg.org.nz

Presbyterian Support Services (03) 366 5472 provides assessments and information, co-ordination of support services, counselling, advocacy, liaison with other agencies or health professionals, support for carers and elder abuse interventions for those aged over 65 years. Web: ps.org.nz

Senior Chef 0800 333 405 offers a free 8 week cooking programme for those aged 60 years and over who live on their own or with one other. Email: senior.chef@pegasus.org.nz Web: www.seniorchef.co.nz

SeniorLine 0800 725 463 is a national information service helping people aged over 65 to navigate the health system. Web: www.seniorline.org.nz

Super Gold Card 0800 254 565 gives discounts and concessions for seniors and veterans. Web: www.supergold.govt.nz

PASIFIKA

Diabetes Nurse and Support (03) 364 0860 provides medical advice and other support for managing diabetes. Web: www.cdhb.health.nz/health-services/diabetes-clinic

Etu Pasifika Clinic (03) 365 1002 offers mental health, addiction and smoking cessation services. Email: info@etupasifika.co.nz

Fale Pasifika O Aoraki (03) 687 7585 provides social services and programmes to Pacific people living in Ashburton, Timaru, Oamaru and Waitaki. Web: falepasifikaooraki.org.nz

Mapu Maia 0800 212 122 provides a holistic service to individuals, families and communities that is culturally appropriate, including confidential counselling services and education. Email: help@mapumaia.nz Web: www.mapumaia.nz

Pasifika Education and Employment Training Organisation (PEETO) - (03) 343 2890 provides free ESOL general English classes to migrants, refugees and Pacific people who are permanent residents in New Zealand. Email: info@peeto.ac.nz Web: www.peeto.ac.nz

Tangata Atumotu Trust (03) 377 2016 provides in-home nursing support for people with diabetes, heart and lung problems. The service includes transport, translation support and advocacy, as well as opportunities to come together for fellowship and exercise. Email: tat@tat.org.nz Web: www.tat.org.nz

Vaka Tautua Christchurch 0800 825 282 is a “by Pacific, for Pacific” health and social services provider that offers Pacific mental health, disability, older people’s health and financial advice services. Web: www.vakatautua.co.nz

YOUTH

298 Youth Health (03) 943 9298 for free GP, nursing and counselling for ages 10 – 24 years. They also offer support, budgeting, careers and general guidance and advice. Email: admin@298.org.nz Web: 298.org.nz

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Aviva 0800 2848 2669 (24/7 line) offers free, confidential and individualised services for each young person who has experienced and/or used violence. Web: www.avivafamilies.org.nz

Enabling Youth (03) 365 6266 or 0800 478 778 runs a weekly group for 11 - 24 year olds dealing with anger. Email: info@svschch.org.nz Web: www.enablingyouth.co.nz

Kidslines 0800 543 754 is a 24/7 telephone counselling service for all kids up to 18 years of age. The philosophy is kids helping kids, with every helpline counsellor being a secondary school student. Email: info@rpe.org.nz Web: www.kidslines.org.nz

Rape Prevention Education (09) 360 4001 provides an online education resource for young people and support for professionals that promotes respectful relationships and the prevention of sexual violence. Email: info@rpe.org.nz Web: rpe.co.nz

St John of God Waipuna (03) 386 2159 provides specialist support for young people aged 10 - 25 years and their family/whānau. Email: enquiries.waipuna@sjog.org.nz Web: sjog.org.nz/contact-us/st-john-of-god-waipuna

Te Runanga O Nga Maata Waka (03) 382 6628. Functional Family Therapy, mentoring young people, Support and work with Rangatahi at risk and rangatahi reintegrating back into community, Transition to Adulthood Services, Graduated drivers education program for young people from learners to full drivers licence. Web: www.maatawaka.org.nz

Youthline 0800 37 6633, free text 234 or email talk@youthline.co.nz for support and information on any issue. Web: www.youthline.co.nz

CAN'T FIND WHAT YOU'RE LOOKING FOR?

Other directories you might like to look at:

Aspire Canterbury 0800 347 242 provides contact details and descriptions of disability and health related groups throughout Christchurch and the wider Canterbury region. Web: www.aspirecanterbury.org.nz

Healthpoint has up-to-date information about providers and services offered around New Zealand, including Canterbury, South Canterbury and Waitaki. Web: www.healthpoint.co.nz/social-services

Mental Health Education and Resource Centre (MHERC) - (03) 365 5344 or 0800 424 399 provides a comprehensive service directory. Web: mherc.org.nz

Right Service Right Time directory: www.rightservice.org.nz/services.html

Te Waioratanga – a directory of Kaiwhakaora Māori healers, artists and wellness practitioners. Web: allright.org.nz/resources

The Blokes Book is a project of the Canterbury Men's Centre. The purpose of the booklet is to promote men's health and wellbeing. It provides relevant support services and resources that embrace the Men's Centre's aim of 'Happy Healthy Canterbury Men'. It can be ordered by emailing blokesbook@canmen.org.nz or downloaded at canmen.org.nz/for-men.