

Talking it through

Home and Family Counselling, established in 1893, is a not-for-profit agency with a dedicated team of experienced women and men counsellors who provide a professional, confidential service.

We are dedicated to working towards a better society by

Promoting the safety and well-being of all individuals, irrespective of culture, ethnicity, gender, sexuality or age

Improving relationships

Enhancing family life

For a Mount Eden appointment call 09 630 8961 ext 0

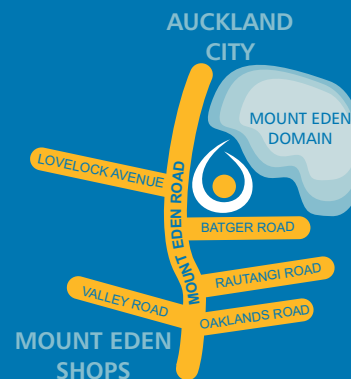
Mt. Eden

344 Mt. Eden Road, Mt. Eden
PO Box 67120, Auckland 1349

Email info@homeandfamily.org.nz

Phone 09 630 8961

Fax 09 630 8487



For a North Shore appointment call 09 441 2433

North Shore

52 Diana Drive, Glenfield
PO Box 101233, NSMC, Auckland 0745

Email northshore@homeandfamily.org.nz

Phone 09 441 2433

Fax 09 441 2431



www.homeandfamily.org.nz



Counselling Services














Counselling is about...

Talking through your issues, problems or worries with a qualified trained professional

Exploring new ways of thinking and/or behaving

Getting support in times of need

We help individuals, couples, children & families with a variety of issues

-  Grief & Loss
-  Trauma
-  Anxiety
-  Abuse
-  Depression
-  Relationships
-  Parent/Child Conflict
-  Teenage Transitions
-  Behavioral Issues
-  Parenting
-  Re-partnering
-  Sexuality
-  Communication
-  Intimacy
-  Adjusting to new situations

Other Services

We offer specialist groups and programmes including:

At Mt Eden

Migrant and Refugee Women

Women and children who have experienced or witnessed violence in the home

Parenting through separation

Chinese Solo Mothers

Hindi & Mandarin speakers

For an appointment call:
09 630 8961 ext 0

At North Shore

Groups for young people aged 10 to 17 years

Anger without Aggro

Talking it Through

Creating Respectful Relationships

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