



"Helped me feel more confident in my decisions and life."

We provide counselling services for the following:

Personal Issues

- Low self-esteem
- Depression
- Worries and fears
- Abuse
- Stress management
- Grief
- Mental health and wellbeing

Relationship / Marital Issues

- Conflict resolution
- Communication
- Sexual difficulties
- Separation
- New partners
- Violence – emotional, psychological, physical and sexual
- Mental health and wellbeing

Family & Group Counselling

- Behavioural difficulties
- School problems
- Family relationships
- Access and custody
- Re-partnered families
- Parenting
- Mental health and wellbeing

Is counselling right for me?

Counselling is nothing to fear or feel ashamed about. People from all walks of life attend counselling. Sometimes you just need a non-judgmental, understanding, caring and supportive professional who will give you their undivided attention and help you make sense of what is happening to you or a loved one.



"I feel empowered to live my life to the full and face new challenges."

Why choose Home & Family Counselling?

Experienced

- We're a well-established counselling service in the Auckland community.
- All our counsellors are professionally trained and qualified.
- We have a Chinese speaker available.

Affordable

- Payment is on a donation basis (on a sliding scale according to income).

Flexible

- After hours and Saturday counselling sessions are available.
- Skype counselling available.

Non Judgmental

- Our service is sensitive to culture, ethnicity, gender and age.

Convenient

- We have three locations in the Auckland region – Mt Eden, North Shore, Hibiscus Coast.

About Home & Family Counselling

Home and Family Counselling has been helping the Auckland community for over 120 years. Right from the start we've operated as a not for profit as we believe our services should be accessible to all. Our vision is for a thriving community where everyone feels able to participate.

We have a dedicated team of experienced male and female counsellors who provide a professional, confidential service.

How we operate

We are a not for profit agency that relies on grants, fundraising efforts and client donations to maintain our service.

Payment for each session is by donation, on a sliding scale according to income.

What our clients can expect from us

- Confidentiality is guaranteed in accordance with the New Zealand Association of Counsellors Code of Ethics. You can discuss this further with your counsellor.
- As a client of Home and Family Counselling you and your family have a right to be treated with respect and with a high level of care.
- You maintain the right to question the focus of your counselling sessions.
- You have the right to request a different counsellor.
- You have the right to complain about the service or treatment you experienced.

"Better relationship and family life."



Counselling services we provide:

Face-to-face counselling

A personal appointment with a professionally qualified counsellor. Face-to-face counselling is available for individuals of all ages (including children), couples, and families.

Group programmes

Parenting through Separation – a free education programme run by Home and Family Counselling that has been designed by the Ministry of Justice for parents considering separation or going through separation where care of children is involved.

Seniors – supports well and active over 60+ year olds who may be dealing with loneliness, waning confidence and a lack of family and social supports.

Youth programmes – we have three programmes that run in schools around Auckland for young people aged 10-17 years. 'Creating Respectful Relationships'; 'Choices, Challenges & Change'; and 'I Have, I Am, I Can'. To find out more phone Shelley Anderson on 630 8961.

Safety programmes for women and children – we're approved providers through the Ministry of Justice, to run funded individual programmes for women and children who have witnessed or experienced domestic violence, and have Protection Orders in place.

Women's refuge

We provide outreach counselling as required.

Supervision

Trained and experienced Home and Family Counselling counsellors offer supervision to other professionals within the social services sector.

To make an appointment

At our Mt Eden agency call **630 8961**

At our North Shore agency call **419 9853**

At our Hibiscus Coast agency call **419 9853**

Where to find us

Mt Eden

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

e: info@homeandfamily.org.nz

p: 630 8961 f: 630 8487

North Shore

2a Seaview Ave, Northcote, 0627

e: northshore@homeandfamily.org.nz

p: 419 9853 f: 419 9862

Hibiscus Coast

Outreach counselling available.

Contact our North Shore office for details.



www.homeandfamily.org.nz

www.facebook.com/homeandfamilycounselling

Need to talk?

Counselling can help



*"I don't feel judged.
I feel I could talk about anything."*



PROFESSIONAL, AFFORDABLE

Individuals | Couples | Families | Children