

We can help you with

Where to find us



Home and Family Society

personal issues

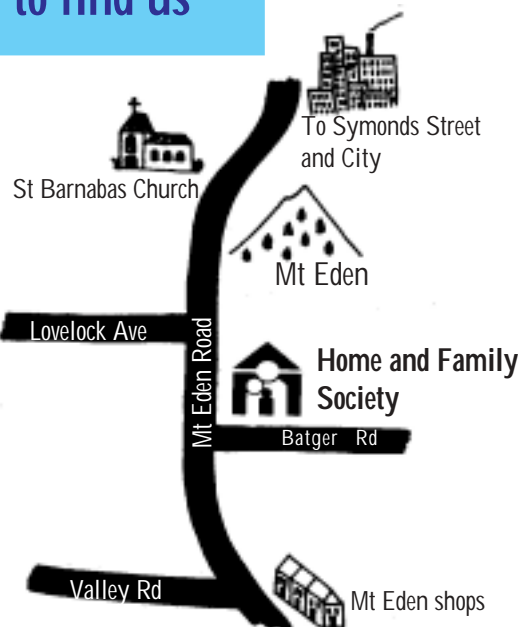
low self-esteem
depression
worries and fears
abuse
stress management
grief

relationship/marital

conflict resolution
communication
sexual difficulties
new partners
violence - emotional, psychological,
physical and sexual

family or group counselling

behavioural difficulties
school problems
access and custody
step-family issues
law breaking
adjusting to teenagers
parenting



344 Mt Eden Road, Mt Eden
Auckland 1003
Tel: (09) 630-8961
Fax: (09) 630-8487

email: info@homeandfamily.org.nz
www.homeandfamily.org.nz

Please call to make an appointment
during office hours:
9.00am - 5.00pm - Monday to Friday

Counselling sessions are held at our
Mt Eden premises before, during and after
office hours most
weekdays and Saturdays

Updated: April 2004

Home and Family Society's North Shore counselling
services are located at 52 Diana Drive, Wairau Park
Tel (09) 441-2433 Fax (09) 441-2431
northshore@homeandfamily.org.nz

counselling and supporting people

Counselling Services

Are you looking for...

individual help?

How does counselling work?

- It is often helpful to talk things over with someone independent who is not going to put pressure on you.
- Experienced counsellors can ask questions to help you think about things in new ways and work with you to reach clearer thinking, more options and perhaps new directions.
- Couples and families often find it helpful to speak with a person, outside the relationship, who can help with communication.
- Our counsellors meet with you in person at our centre in Mt Eden.

How long is each counselling session?

Between 50-60 minutes.

What is the Home and Family Society?

- The Home and Family Society is a long-standing not-for-profit counselling agency.
- We have a team of experienced, professional male and female counsellors who provide help over a wide range of issues; and are Registered Family Court counsellors.
- We aim to provide a service that is sensitive to culture, ethnicity, gender and age.
- Home and Family Society is one of Auckland's oldest helping agencies. Established in 1893, it has provided many thousands of people with counselling and assistance in times of stress.

a better relationship?

enhancement of your family life?

Home and Family has specialist programmes developed for children, young people and women who have witnessed or experienced violence in their home and for new migrants. Ask for information on the Marvelz Programme, Freedom from Fear or the New Migrant Programme.

What does it cost?

Each counselling session is by donation and is tax deductible. Our receptionist and counsellors can guide you in this donation.



Who comes to counselling?

Everyone - women, men, children, young people

- **Individuals with personal issues.**
- **Couples with difficulties can come alone or together.**
- **With families it is useful to see every one involved, even though only one person may seem to be the focus of concern.**

Our mission

Home and Family is dedicated to working towards a better society by promoting the safety and well-being of all individuals, improving relationships and enhancing family life.

How to make an appointment

Just ring Home and Family on (09) 630-8961. *If you can't keep your appointment please let us know the day before so that we can give this time to another person.* All counselling sessions are confidential.