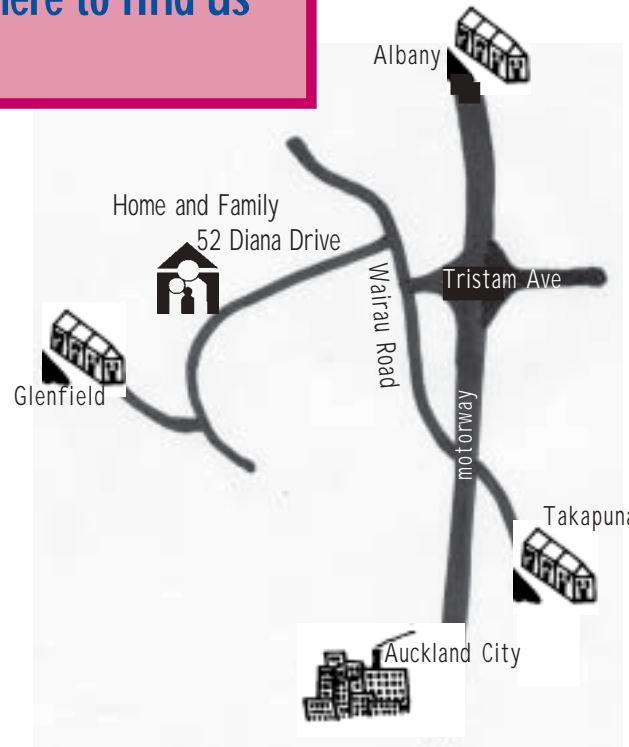


We help individuals, couples and families with a variety of issues

Where to find us

- Grief and loss / Separation
- Managing strong emotions
- Teenage transitions
- Parent/child conflict
- Parenting issues
- Couple issues
- Depression
- Tantrums
- Violence
- Stress



Home and Family Society North Shore

52 Diana Drive, Glenfield
 PO Box 101-233, NSMC
 Auckland 1310

Tel: (09) 441-2433
 Fax: (09) 441-2431

Email: northshore@homeandfamily.org.nz
www.homeandfamily.org.nz

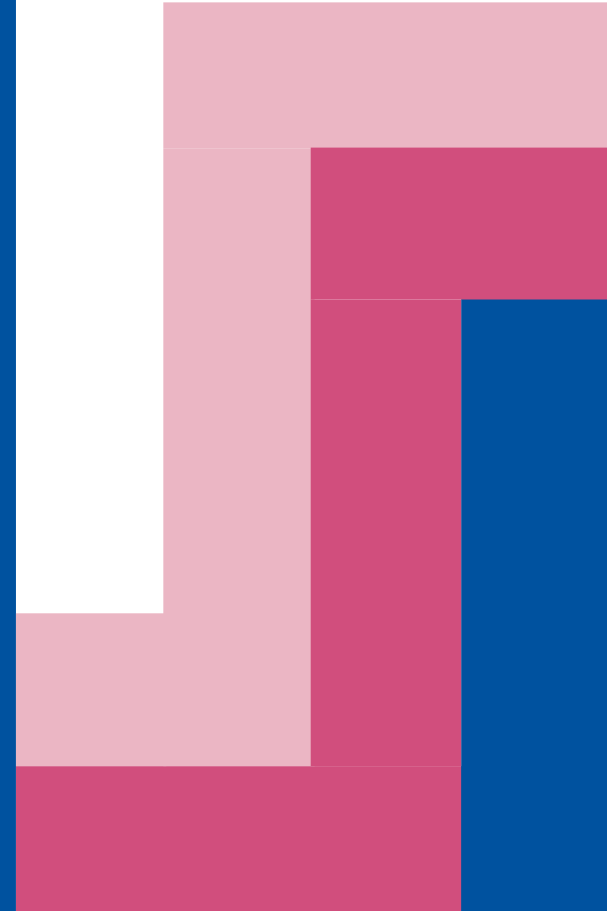
Date produced: April 2004



Home and Family Society North Shore

Counselling Services

counselling and supporting people



Are you looking for...

individual support?

Counselling Services

- It is often helpful to talk things over with someone independent who is not going to pass judgement or 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, identify more options and seek new directions.

Relationship Counselling

- Couples and families often find it helpful to speak with a person outside the relationship who can help encourage better communication.
- Our group of family therapists work with an entire family as well as individuals; and assist family members to work together to resolve problems and enhance their relationships.

Parenting Groups

We have a range of groups focussing on parenting and family relationship issues.

Groups for Young People

Home and Family has a range of group programmes for young people around issues such as connecting with peers, adapting to changing family lifestyles, and dealing with emotions.

a better relationship?

enhancement of your family life?

Our services are

- Professional
- Confidential
- Family focussed

Our counsellors have professional experience in:

- Family Therapy
- Psychotherapy
- Counselling
- Creative Therapies
- Group Work

Home and Family Society is a long-standing not-for-profit counselling agency. We have a team of experienced professional male and female counsellors. We aim to provide a service that is sensitive to culture, ethnicity, gender and age. Established in 1893, it has provided many thousands of people with counselling and assistance in times of need.



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 everyone 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.

What does it cost?

Each counselling session is by donation and is tax deductible. Our receptionist and counsellors can guide you in this donation. Counselling sessions vary in length but are usually no less than 50-60 minutes.

Referrals or Appointments

Call our receptionist on (09) 441 2433, contact us by fax or email. Office hours are 8.30am - 4pm Monday to Friday.