



SF AUCKLAND

Supporting Families In Mental Illness
Te Taukoko Whanau | Roto | Te Mate Hinengaro

August 2009

Mental Health Family/Whanau & Friends Support Groups

An open Family/Whanau support group for people supporting someone with mental illness.

It is recognized that not only do families play a major part in the recovery of their loved one, but also that they are an invaluable support to both their relative and Mental Health Services. The groups focus is to strengthen families to achieve the best outcome for themselves and their relative.

Groups offer you a chance to:

- increase your coping skills and confidence
- Provide an opportunity for families/whanau to share their experiences and offer skills and knowledge to each other (acknowledging their own strengths and expertise)
- Promote health and healing for Families/Whanau (moving from surviving to thriving)
- Provide social contact with others in similar situations. Reducing stigma and social isolation.

North Shore Family / Whanau Support Group

Dates: Every 2nd Thursday of the Month
Next Group: Thursday, 13 August 2009
Time: Coffee and Tea 6:45pm group begins 7:00 pm to 9:00pm
Venue: Plunket Family Centre, 213 Shakespeare Road, Milford.

Please contact Peter van Dam on (09) 440 9812
If you would like any further information.

West Auckland Family / Whanau Support Group

Dates: Every 4th Thursday of the Month
Next Group: Thursday, 27 August 2009
Time: 6:30pm to 8:00pm
Venue: Te Ata, 146 Lincoln Road (opposite Burger King), Henderson.

Please contact Peter van Dam (09) 440 9812
If you would like any further information.

South Auckland

Borderline Personality Family Support Group
Friendship House 20 Putney Way Manukau City
1st Monday of the month 7-9pm
Contact: Iva on 270 8543 or 378 9134
Judy on 261 3700

Howick - Pakuranga Family Support Group
Highland Park Community Centre, 47 Aviemore Drive,
Highland Park 3rd Monday of the month , 7.30pm -
9.30pm
Contact Louise on 270 8543 or 378 9134

Central Auckland Contact Ph: 378 9134

Yan Oi Sei - Chinese Family Support Group
15 Aberfeldy Ave, Highland Park, 1st Tuesday of the
month 10.00am-12.00pm

Pacific Island - Family/Aiga Support Group
Fellowship House, 423 Great North Road, Grey Lynn –
3rd Wednesday of the month, 10:30am to 12pm

Manaaki House Family Support Group
Panmure Community Hall, 1 Pilkington Rd, 1st Tuesday
of Month - 5.00pm – 6.30pm

Central Auckland Family Support Group
Fellowship House, 423 Great North Rd Grey Lynn, 3rd
Tues of the Month, 7.00pm- 8.30pm