

SERVICE LISTINGS

Christchurch Community Law Centre: Free legal information advice on family law issues and Court processes.
ph: 366 6870 www.canlaw.org.nz

Family Court: To talk to a FC Coordinator or drop in, free counselling support to sort through things.
ph: 962 4254

Family Court Consumers Trust: If you are not using a lawyer and are applying to the Family Court
ph: 348 9047 ancilson@xtra.co.nz

Father & Child Trust: On-going support and education for fathers, groups/courses/talks and a superb magazine. Drop-in M - F, 10 - 2pm, 369 Hereford St
ph: 982 2440 fatherandchild.org.nz

Blended Family Support Group: Weekly step-parenting group at WEA, first Monday each month, 7.30 - 9.30, call Don or Wendy on 027 688 2061

Legal Options: For sound legal assessment and advice. Knowing your options first could save you some grief. Set fee and legal aid work undertaken.
ph: 365 8280 www.legaloptions.co.nz

MensLine Men's Group: Open, FREE facilitated, weekly men's group, 21 years experience. Tuesday night 7.30 - 9.30
ph: 365 4239 www.mensline.net.nz

Parenting through Separation: Two 2-hour sessions that coach you on separation. Call the Family Court for a listing of these. ph: 962 4000

Union of Fathers: Peer support with family court issues.
07 928 4323 www.uof.org.nz

ON THE WEB

Fathers and Separation: http://fatherandchild.org.nz/fcarchives/special_interest.html

The Fathers Section: <http://nzmera.orconhosting.net.nz/menlinks.html>

Legal Options "Going it Alone" : <http://www.legaloptions.co.nz/page1/page9/page9.html>

All the forms you need: <http://fathers.orconhosting.net.nz/>

Tāne Whai Ora CANTERBURY MEN'S CENTRE

Our goal is to produce happy, healthy, Canterbury men through local community services

We do this by:

- Drop-in support and referrals
- Find out what's out there for men and boys
- Helping you run your project for guys

MAP OF SERVICES FOR CHRISTCHURCH MEN

Want to know what is happening for men in your part of town?

Check out our Google Map

<http://tinyurl.com/supportforcantymen>

NATIONAL TELEPHONE SUPPORT

Alcohol Drug Helpline: (national service in ChCh)

10 am - 10 pm, 7 days. 0800 787 797

National Depression Support Line: 0800 111 757

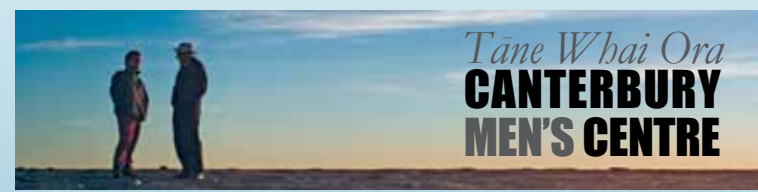
Outline NZ: (for gay men) 0800 OUTLINE

Gambling Helpline: 0800 654 655, 7 days 8am - 10pm

Lifeline: 24 hrs 366 6743, 0800 LIFELINE

Parentline: 0800 OKPARENT

Tāne Whai Ora
Canterbury Men's Centre
info@canmen.org.nz | canmen.org.nz
(03) 940 9487



FATHERS AND SEPARATION



IS IT REALLY OVER ?

Relationships go through ups and downs. If you think you can still work things out, ask the Family Court for **free counselling** support.

She isn't saying? Many men are pushed out without a clear verbal statement that the relationship is over. This is usually the end of the relationship and she is avoiding conflict until the practical parts of the separation are finished (one of you moves out, DPB starts up etc).
Go forward assuming it is over.

IT'S REALLY OVER!

The dads we see are usually dealing with a mix of the following issues:

- Loss of consistent time with the kids
- Too much time with the kids (when you are the sole parent)
- Jealousy over a new man
- Having to set up a new home and sleep under a new roof
- Financial stress due to child support, family court costs, having to set up again
- Acrimony with their ex-partner/wife leading to pain and anger
- Grief, shame, feelings of failure
- Loss of spare time (work, then kids, work, then kids...)
- Depression
- Alcohol/drug/smoking/gambling/sex addiction as an attempt to cope

In short "Welcome to a world of pain"!

We suggest couples work it out together and avoid the Family Court processes. Ironically, the Family Court are the best people to contact to find out how to do this. Use

their Parenting Thru Separation programme, and their free counselling services, 6 sessions per year.

Do not give up your fair share of the **relationship property**. Many men sign away the family home etc only to find themselves unable to provide adequate care for their kids later. It is ok to wait a while before pressing ahead with property settlements.

Ask other people you know about their separation and what worked. Invite them out for a beer/coffee and really get the full story.

Self-Care: A new situation will require you to use new coping skills. To be a good dad in this situation you've got to take care of yourself.

- Exercise more - riding a bike or walking to work, jogging just get active
- See your GP and get your health checked out. Have an honest chat with them about any problems you are having such as drinking/gambling/drugs or negative thoughts/ask about a "Green Prescription"
- Go to MensLine on Tuesday nights
- Talk to the guys at Father and Child Trust or the Canterbury Men's Centre about what is going on.

FAMILY COURT PROCEEDINGS

It is a difficult process to go through but, unfortunately, sometimes necessary. We suggest the following:

Talk to **Legal Options** to get an assessment of your situation, come up with a strategy, and then select the right lawyer for your situation.

Learn About the Family Court

- Meet other guys at MensLine that have experience.
- Check out Union of Fathers

- Look at 'On the Web' (links over page)

Representing Yourself?

Talk to **Family Court Consumers Trust** to get some experienced backup.

Your kids need you more than you know. Don't kid yourself, and don't let anyone else kid you about that.

TAKING THE LONG VIEW

You are a dad for the rest of your life. Her behaviour now will be a memory before you know it, but your children's memory of the separation is part of your legacy to them.

In the interest of your kids do not say negative things about their mother. Tell them that you support them loving their mother, even if she doesn't do the same. Your kids need this from you.

New partners can be a blessing, but avoid introducing them to the kids until the relationship is well-established. The **Blended Family** group is a useful forum to support any new partners.

SUICIDAL THOUGHTS?

Negative thoughts are common when there is grief from separation. Your kids need you. Act now before you get too low by:

- Seeing your GP. Medication for stress is a crutch, but crutches are useful at times
- Calling the CMC or Father and Child
- Get along to MensLine on a Tuesday night

FATHERS AND SEPARATION

*Also, see the Cant'y Men's Centre flyer **Fathers and Separation**

Father and Child Trust: on-going support and education for fathers, groups/courses/talks and a superb magazine. Drop-in M-F, 10 - 2pm, 369 Hereford St. ph: 982 2440 fatherandchild.org.nz

Mensline Men's Group: (See Men's Groups P.T.O)

Parenting through Separation: Two 2 hour sessions that coach you on how to separate well. Lots of different providers in Cant'y so call the Family Court for more info. ph: 962 4000

Family Court Coordinators: Free couples counseling, support to learn about FC processes ph: 962 4000

Family Court Consumers Trust: If you are not using a lawyer and are applying to the Family Court ph: 348 9047 or contact aneilson@xtra.co.nz

Christchurch Community Law Centre: Free legal information and advice on family law issues and Court processes. ph: 366 6870 canlaw.org.nz

Legal Options: Experienced family lawyers providing assessment and advice for a set fee. Could save you some grief ph: 365 8280 legaloptions.co.nz

Blended Families: Weekly step-parenting group at WEA, first Monday each month, 7.30 - 9.30, call Don or Wendy on 027 688 2061

Union of Fathers: Peer support with family court issues. 07 928 4323 www.uof.org.nz

Parentline: 0800 657 27368

ADDICTIONS

Alcohol Drug Helpline: (national service based in ChCh) 10 am - 10 pm 7 days: 0800 787 797

Narcotics Anonymous: Tue 7.30pm Southern Men's, Bridge Aftercare, 27 Collins Street, Addington nzna.org/drugproblem/meetingslists.shtml

Problem Gambling: The Problem Gambling Foundation men's group meeting every Tuesday 6.30 - 8.30pm, 6 month commitment, Problem Gambling Foundation. For more information ph: 379 2824

Gambling Helpline: 0800 654 655, 7 days 8am -10 pm

Sex Therapy New Zealand: Counselors 0800 739 843

Overeaters Anonymous: 12 step programme for men and women dealing with compulsive eating, anorexia, bulimia, obesity and overeating. Six meetings per week, no membership fee. ph: 365 3812

Active Recovery Centre: drop-in 213 Tuam St., 9 - 3 Mon/Tues/Wed 9 - late Thurs/Fri/Sat ph: 366 6661

Tāne Whai Ora

THE CANTERBURY MEN'S CENTRE

Our goal is to produce happy, healthy, Canterbury men through local community services

We do this by:

- Drop-in support and referrals
- Find out what's out there for men and boys
- Helping you run your project for guys

CALL US FOR FURTHER INFO AT:
info@canmen.org.nz | canmen.org.nz
(03) 940 9487

WANT TO MAKE A DIFFERENCE FOR CANTERBURY MEN?

- Payroll giving. You can arrange for payments directly through your wages. Take this Donation slip to your payroll person and ask them to make the arrangements
- Make a regular or one off donation either by cheque or internet
- Make a bequest
- Donations are tax deductible
- Ask us how you can volunteer

OUR BANK ACCOUNT DETAILS ARE:

Canterbury Men's Centre 031355 0552095 00
Charities Commission Registration No. CC10647
Call or e-mail us for more information



WANT TO JOIN A MEN'S GROUP?

MensLine Men's Group: Open, FREE facilitated weekly men's group, 21 years experience. Tuesday night 7.30 - 9.30
ph: 365 4239 www.mensline.net.nz

MensTrust: Men's groups, men's weekends and events
ph: 940 9487 menstrust.org.nz

ManKind Project: Open Meetings Tuesday nights. Bring your authentic self to an evening of support and challenge
021 475 900 mkp.org.nz

Hei Hei Men's Group: Meets at St. Aidans Church 126 Hei Hei Road (cnr Hei Hei & Buchanans Roads) on the second Friday of each month
Tracey Buunk (group coordinator) ph: 342 5864

Promise Keepers: Christian Men's Groups see w3.promisekeepers.org.nz/christchurch.html

Men on a Mission: Running twice per year on a weekday with free lunch and trips around Chch
Jeff Jones ph: 366 8128 (Salvation Army) or
John Coyle ph: 366 6745 (Methodist Mission)

Men Relating: Eight week course to develop respectful relationships, new communication skills and resolve conflict. Contact Relationship Services
Whakawhanaungatanga ph: 366 8804

Dad's Relating: Eight week course for dads wanting to parent better. Contact Relationship Services
Whakawhanaungatanga ph: 366 8804

Spirited Men: A monthly men's group held on the third Thursday of each month, 7.30 pm, at the Pascha centre 165 Madras Street. Facilitated by Kevin Withell. Cost is \$15.00
ph: 374 2526

YOUTH

Tracks: Turning Boys into Men, 5 day 'Rites of Passage' events. tracks.net.nz

Q-Topia: For gay youth (see Gay Men)

Enabling Youth: 12 week co-gender facilitated programme providing group or individual support to young people. Focuses on ways to cope with frustration, anger, and violence
ph: 365 6266

COMMUNITY GROUPS

Male Survivors of Sexual Abuse Trust: One to one and group support for male survivors, in a safe environment, experienced staff. ph: 377 6747 survivor.org.nz

Father and Child Trust: On-going support and education for fathers, groups/courses/talks and a superb magazine. Drop-in M - F, 10 - 2pm, 369 Hereford St
ph: 982 2440 fatherandchild.org.nz

START: Sexual abuse counselling service ph: 355 4414

Men at Work: A course for men seeking to enter/return to/move inside the workforce contact, Tony at Kingdom Resources ph: 332 1700

Luna House: Course for men living with women with menstrual cycles/going through menopause ph: 332 5755

HEALTH

Menz Medical: A general practice for all your health needs 158 Fitzgerald Ave. ph: 981 8181 menzmedical.com

Hearing Therapy Services: Free hearing tests
0800 008 011

Sexual Health/Family Planning: Free sexual health assessment, birth control, treatment, advice and counselling. 33 St Asaph St ph: 364 0485

Prostate Cancer Foundation: Meeting third Tuesday of the month, Cancer Society, Manchester and Kilmore Street, 7:30 pm, access via side door off from the carpark. For men and family affected by prostate problems.
0800 627 277 prostate.org.nz

MENTAL HEALTH

Step Ahead Trust: Men's group for men with a mental illness that are independent and safe with themselves and others ph: 389 4001

National Depression Support Line: 0800 111 757

Lifeline 24 hrs: ph: 366 6743 or 0800 543354

Psychiatric Consumers Trust: Offers Peer Support and Advocacy for people needing support with Work & Income, ACC or other services and a social drop-in centre
ph: 366 8288, call for open hours pctrust@xtra.co.nz

South Island Advocacy Service: 0800 377 766
or ph: 377 7501

STOPPING YOUR VIOLENCE

He Waka Tapu: Programmes to stop your violence against women and children for Maori men and men with Maori whanau, 161 Pages Rd
ph: 373 8150 hewakatapu.org.nz

Stopping Violence Services: Group and individual counselling. angermanagement.org.nz ph: 365 6266 (also see our youth section)

The Goals Centre: One-on-one stopping violence, 8 week course. ph: 3664132 goalscentre.co.nz

STOP Programmes: Treatment/therapy for men/boys who've sexually abused/offended and for boys with sexually harmful behaviours. Support/education for family members. ph: 374 5010 stop.org.nz

STOPPING THEIR VIOLENCE

Police: Call Family Violence Coordinator ph: 363 7400

Cant'y Men's Centre: ph: 940 9487 to discuss options

Father and Child Trust: ph: 982 2440

Victim Support: ph: 363 7643

Child Youth and Family: 0508 326 359

GAY MEN

New Zealand Aids Foundation: Free counselling, a range of events and info. ph: 379 1953 nzaf.org.nz

Gay options in Christchurch: gaynz.com/community/gay-chc.php

Q-topia: Events/support for gay youth
qtopia.org.nz 021 175 3631

Outline NZ (for gay men): 0800 OUTLINE

AIDS Hotline: 0800 802 437

Gayline: ph: 379 4796

RECOMMENDED COUNSELLORS

Rata Counselling Centre: ph: 332 5388
ratacounselling.org.nz

Home and Family Society: ph: 379 5645
homeandfamily.net.nz

Petersgate Counselling Centre: ph: 343 3391
petersgate.org.nz