

## 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](mailto: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](http://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](http://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](http://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](http://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

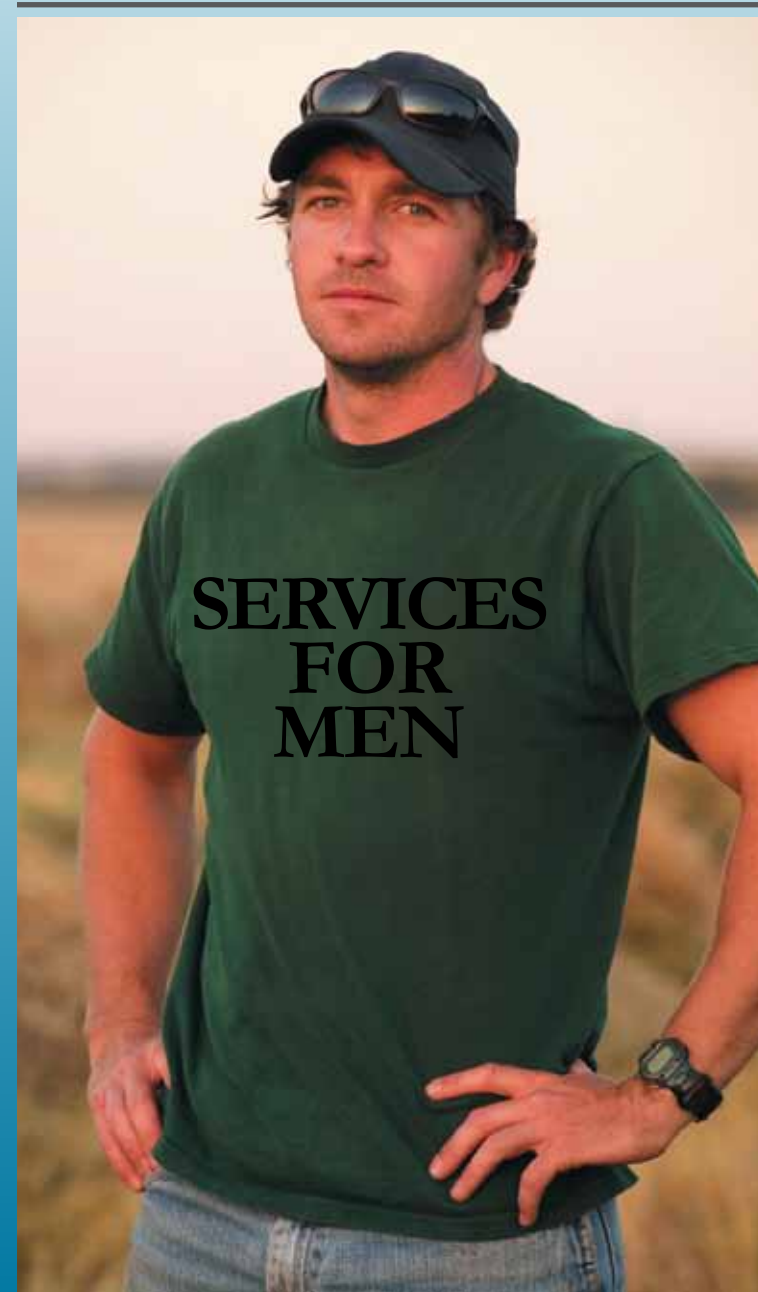
**CALL US FOR FURTHER INFO AT:**  
[info@canmen.org.nz](mailto:info@canmen.org.nz) | [canmen.org.nz](http://canmen.org.nz)  
(03) 940 9487

## 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](http://www.mensline.net.nz)

**MensTrust:** Men's groups, men's weekends and events  
ph: 940 9487 [menstrust.org.nz](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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](http://hewakatapu.org.nz)

**Stopping Violence Services:** Group and individual counselling. [angermanagement.org.nz](http://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](http://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](http://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](http://nzaf.org.nz)

**Gay options in Christchurch:** [gaynz.com/community/gay-chc.php](http://gaynz.com/community/gay-chc.php)

**Q-topia:** Events/support for gay youth  
[qtopia.org.nz](http://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](http://ratacounselling.org.nz)

**Home and Family Society:** ph: 379 5645  
[homeandfamily.net.nz](http://homeandfamily.net.nz)

**Petersgate Counselling Centre:** ph: 343 3391  
[petersgate.org.nz](http://petersgate.org.nz)