

## Paramouncy Principle

Where a decision is to be made involving a child or young person, the paramouncy of the child's interests and welfare will be given prime consideration.



## Confidentiality

All client information (verbal or written) is treated as confidential to the agency and will not be disclosed without the clients consent except when there is clear evidence that to withhold the information may result in significant harm being done to the client or another person. When you engage with us some non-identifying information will be recorded for evaluative purposes. All clients are welcome to access their own information.

## Funding

Catholic Social Services is a not for profit organisation that relies on funding from Government contracts, grants from the Catholic Church, Lottery and other community trusts, and donations from people who want to help their community and support the work we do. Donations are tax deductible.

## Fees

Contributions to our services are invited but no one is declined help if they are unable to pay. Every donation helps us to support people to live life well .

For help or further information  
please check us out at  
[www.cathsocalservices.org.nz](http://www.cathsocalservices.org.nz)

or contact us  
[office@cathsocalservices.org.nz](mailto:office@cathsocalservices.org.nz)



find us on facebook

or phone / call into  
one of our offices

### Dunedin

42 Macandrew Road  
South Dunedin 9012  
P.O. Box 2047

South Dunedin 9044  
Phone: (03) 455 3838

Open Monday - Friday 9am - 5pm

### Central Otago

Alexandra Community House  
14 - 20 Centennial Ave, Alexandra

Phone: (03) 448 5385

Open Monday – Friday

Phone: 0800 277 669

# LIVE LIFE WELL



Catholic Social Services

## Catholic Social Services is a Family Social Services Agency Working together to

# LIVE LIFE WELL

- Strengthening relationships and families.
- Helping kids feel loved and safe.
- Inspiring parents with new ideas.
- Exploring options to manage life's challenges.
- Helping your voice get heard.
- Addressing the issues of trauma and emotional pain.
- Connecting people with other people and the resources in our communities.

## ABOUT US

**Our agency is based on the Christian message and the practice of Manaakitanga which means:-**

- We will treat everyone with respect.
- We will work holistically with individuals, families, and communities to empower them to make their own decisions.
- We will seek what is good for each person and for all people.
- We will be professional in what we do.
- We will recognise Te Tiriti O Waitangi as foundational for working in an Aotearoa New Zealand context.

## HOW WE CAN HELP

### At our Dunedin site

#### Birth support Group (BSG).

Helping women feel more prepared for birth, with greater parenting skills and connections with other community supports. This is a weekly group for the whole term of the pregnancy co-facilitated by a social worker and a childbirth educator.

#### ABC Club

A fortnightly educational play group for mums to develop skills, grow their knowledge and make some great friends. With interesting speakers, visits and fun activities, mums with under 3's enjoy this fortnightly support group.

#### Parent Education

Finding new ways to be the best parent for your kids

- Toolbox parenting courses for the early years, middle years and teens and tweens; Our experienced facilitators will help you explore the 6 session programme of *The Parenting Place*. A contribution to the cost of the course is encouraged depending on what is affordable for you.
- Parent Mentor. One of our social workers can work with you to develop solutions that meet your unique needs.

#### Game On

A 6 week parenting course just for dads.

This course is for all dads, because we can all learn new ways to become the best dad we can be for our kids.

#### Kainga Ora

A course for kids to help them feel good about themselves, learn some new skills while having fun.

This is a six week group course for kids who have experienced conflict.

#### Community Support

Connecting people with the resources in our communities. Share in a community lunch, development projects and find practical assistance.

### At our Dunedin and Central Otago sites

#### Counselling

Subsidised for both individuals and couples. Talking through issues with one of our highly qualified counsellors can really help. A contribution to the cost of your counselling is encouraged depending on what is affordable.

#### Social Work

Practical help for the challenges of life. Our social workers can meet you in your home and provide support, advocacy and access to a range of services for you and/or your family.

### Across the lower South Island

#### Seasons For Growth

A group programme to help those who have experienced loss due to a significant change in their lives. Courses for children and courses for adults available.

