

PROMOTING WELLBEING BY

- Providing information on mental health, addictions and disability
- Supporting people with disability into employment, further education and social activities
- Supporting families and whanau with mental health and addiction information, education advocacy and support
- Reducing stigma around mental illness and disability through education and promotion



SERVICE HOURS

Vocational Services: Monday to Wednesday

9.00am to 5.00pm

Family/Whanau Services and Like Minds

Monday to Friday

9.00am to 5.00pm

Resource and Information Centre

Monday to Friday 10.00am to 3.00pm

Supporting Families Wairarapa

FOR MORE INFORMATION PLEASE CONTACT US AT:

323 QUEEN STREET (OPPOSITE TRANZIT)

PO BOX 2110 MASTERTON

PHONE: (06) 377 3081 FAX: (06) 377 5263

EMAIL: admin@sfwai.org.nz

WEBSITE: www.sfwai.org.nz



Supporting Families Wairarapa
Awahi Whanau O Wairarapa

Pathways to wellbeing Nga Ara Oranga



Promoting Wellbeing

OUR SERVICES

YOUR RIGHTS

Your privacy and confidentiality will be respected at all times.

You have the right to have access to all the information we gather and hold about you at any time.

You Have The Right To:

- Respect (Mana)
- Fair Treatment (Manaakitanga)
- Dignity and Independence (Tu Rangatira Motuhake)
- Appropriate standards (Tautikanga)
- Effective Communication (Whakawhitinga Whakaaro)
- Choice & Consent (Whakaritenga Mou Ake)
- Support (Tautoko)
- Rights During Teaching and Research (Ako me Te Rangahau)
- Have your Complaints Taken Seriously (Amuamu)

Vocational Services

To assist and support people with any disability into paid employment, further education or to access social, sporting, hobby and recreational activities.

Family and Whanau Support

We can assist you in acknowledging and understanding mental illness and addiction in a family member or a friend with:

- Support, advocacy and education
- Support groups/ community education

Resource Centre

Open between 10.00am to 3.00pm weekdays. A wide range of resources around mental health, addiction and disability including books, pamphlets and a reference library. Computer with internet access.

Like Minds Like Mine

Addresses stigma and discrimination by increasing leadership by people with experience of mental illness. Provides community workshops that give insight into the challenges faced by people with experience of mental illness including:

- Hearing Voices that are Distressing
- Korowai Whaimana Human Rights
- Stigma and Discrimination
- Be There Stay Involved



LIKE MINDS, LIKE MINE
Whakaitia te Whakawhiu i te Tangata

Volunteer Programme

Do you have experience of mental illness and / or addiction and want to be more involved in your community or do you want to step back into the workforce? Our volunteer programme:

- Supports you to develop confidence
- Supports personal development
- Offers a variety of learning opportunities
- Connecting with your community

Peer to Peer Support Groups

Groups for men and women where you help yourself to get things back on track by learning to build self esteem, assertiveness, identify and develop coping skills, change negative thoughts to positive ones.

Members and Friends

Meet new people, make new friends. This group meets the second Wednesday of each month at Supporting Families at 10:30 am for a shared morning tea.

4711 Kids Club

Aimed at primary school aged children this is an 8 week programme effective in helping children come to terms with a family/whanau member with mental health and addiction issues by sharing experiences and increasing understanding in a no blame environment.