

**Nga Tamariki i te Tūāpapa
Children at the Center - Growing and
Learning**



**Community Resources
for whānau: Helpful
Services and Support
2024**

“Nāu te rourou, nāku te rourou, ka ora ai te iwi”
*In the community, everybody has something to offer and
by working together we can all flourish.*

Community Resources for whānau: Helpful Services and Support



These services are tailored specifically for our community, with locals helping locals. Many of these agencies provide a variety of services all in one place.

HEALTH & WELLBEING

Antara - Natural health clinic **Antara Free Natural health Club**

The Clinic is situated in Te Atatu, Auckland, and serves people in the community who cannot afford to pay for counseling or other natural health care modalities.

We can help with depression, stress, anxiety, back and shoulder problems, pain, allergies, asthma, arthritis and many more ailments.

Just a thought **Just a thought**

Just a Thought offers free cognitive behavioural therapy (CBT) courses to all New Zealanders.

OTHER

Free Data **zero.govt.nz**

Free access to school websites to report absences.
Free access to government agencies e.g. work and income, ird, ministry justice, health point etc.

Te Atatu Community Centre Facebook page **Facebook link**

Our local community hub offers a variety of services. Please check their Facebook page for events and workshops.

Community Resources for whānau: Helpful Services and Support

HEALTH & WELLBEING

Care Waitakere

[Care Waitakere](#)

Financial mentoring, family support - social work, support with other agencies for families, winz, housing nz, ACC, needs assessment, counseling.

Vision West

office@visionwest.org.nz

Employment and education, kai, wellbeing center, counselling, money mentors, youth support, housing support, spiritual support, cultural support.
(09) 818 0700

Waipereira Trust

<https://www.waipereira.com/>

For the past 30 years, Waipereira have provided free services and support for whānau of all ages in West Auckland – health, legal, housing and education.

The Fono

<https://thefono.org/>

Our practice is deeply rooted in Pacific foundations and culture. We offer a full range of affordable, holistic and high-quality medical services for families throughout Auckland. No one is turned away from our care.

KAI

Te Atatu Foodbank

<https://www.facebook.com/profile.php?id=61553662600915>

- Families can go onto the facebook page and click into the calendar and book a time to pick up a parcel.
- Must be a Te Atatu Peninsula resident.

Church Unlimited

Food Parcels:

- Tuesdays & Fridays from 12pm – 2pm
- No booking required

Free Phone: 0508 UNLIMITED
3 Te Atatu Road, Glendene
Auckland 0610

Manaaki Kai

<https://visionwest.org.nz/whai-manaaki-kai/manaaki-kai/#FAQS>

Manaaki Kai is a social supermarket where you can select your own food to meet your family's needs.

Monday 10am – 3pm; Tuesday – Friday 9:00am – 11:00am and 2:00pm – 3:30pm.
Bookings must be made in person by visiting the Visionwest Whānau Centre (97 Glendale Road, Glen Eden).
Each shopper is asked to make a small contribution to help sustain the work of Manaaki Kai. 800 990 026.

“Whāia te mātauranga
hei oranga mōu”

*Seek knowledge for the sake of your
wellbeing.*

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