



He Ara Takahinga

DIRECTORY



A Directory of Services in Auckland to Support
Whānau Ora

[New Zealand](#) Government



Disclaimer

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He Mihi

E ngā iwi, e ngā reo, e ngā karangarangatanga maha o te ao
Tēnā koutou katoa

Ka nui te mihi ki ō tātou tini mate
i hinga atu nei, i hinga atu nā mai te Rerenga Wairua
ki te Whanganui-a-tara
whakawhiti ana Te Moana a Raukawa
tae atu ki te Waipounamu
whakawhiti atu ki te Rakiura mutu atu ki Rekohu.

Haere atu koutou ki te putahitanga ō Rehua
ki te huihuinga o te Kahurangi
oti atu koutou ki reira e moe.

Ka hoki mai kia tātou ngā morehu kanohi ora o rātou mā
Tēnā ano tatou katoa
Anei He Ara Takahinga i ruia mai
i runga o Tamaki Makaurau whānui.

Tirohia whanuitia i ngā wharangi e hiahia ai koe
mo ngā rārangi korero katoa mou.

No reira, e te tī e te tā, te iti me te rahi
Tena koutou katoa.

Mauri Ora!




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- M** Māori Specific
P Pacific Island Specific



Kupu Whakataki

Introduction

This Directory of services has been developed to assist whānau in Auckland to access relevant and needed services to support them on their journeys to create and maintain sustainable and vibrant futures. The title of the Directory, He Ara Takahinga, is significant as it is symbolic of the tramping of a pathway toward wellness.

The cover of this Directory is also symbolic of our journeys toward whānau ora. The centre of the design, the koru, represents new life and symbolises a whānau member (whether that be a parent, grandparent, or other) cradling a child. The swirls around the koru represent the everyday challenges of life, and the image of the ferns in the background represents the harmony with the world that we all strive for. The panels of colour moving from the left to the right of the cover represent the various health services available to whānau. The application of those services is communicated by the various Pacific and Māori cultural patterns representing the whānau that will receive assistance.

The Directory focuses on first-point-of-contact services or those services where whānau can self-refer or refer whānau members without requiring a referral from another service provider. Its intention is to act as a resource for whānau as they navigate their way to becoming stronger, healthier and resilient whānau.

The Directory is separated into five sections – Education, Health, Social Services, Information Services, and Community Facilities. Each section is further divided into Auckland North (North Shore), Auckland West (Waitakere to Helensville), Auckland Central, and Auckland South. Providers of key services associated with each of the sections are listed in alphabetical order.

For ease of reference, throughout the Directory, Māori service providers and Pacific service providers are identified where it is helpful to distinguish between providers. This will aid those whānau who have a preference to access services that might more ably align to their cultural practices and heritage.

Enjoy the Directory. Mauri Ora!

MĀTAURANGA EDUCATION

Te Kohanga Reo & Puna Reo

AUCKLAND NORTH

Ngā Pihi O Te Purapura Pai

Phone: (09) 483-4291
Address: 140 Birkdale Rd, Birkdale

Ngā Tikanga Pono Te Kohanga Reo

Phone: (09) 480-0713
Address: Kauri Glen Rd, Northcote

Ngā Whare Maha Te Kohanga Reo

Phone: (09) 479-6375
Address: 7 A Ceres Court
Email: whanau@ko2b020.kohanga.ac.nz

Te Hau Kapua Te Kohanga Reo

Phone: (09) 445-8641
Address: 16 Roberts Ave, Bayswater-Auckland

AUCKLAND WEST

Pomaria Te Kohanga Reo

Phone: (09) 837-0900
Address: 33 A Pomaria Rd, Henderson

Puawairua Te Kohanga Reo

Phone: (09) 832-1994
Address: 5 Beauchamp Rd, Massey

Te Hau Ora Te Kohanga Reo

Phone: (09) 818-5828
Address: 8 Tamariki Ave, Kelston

Te Kotuku Kohanga Reo

Phone: (09) 834-4182
Address: Kotuku St, Te Atatu

Te Kohanga Reo O Hoani Waititi Marae

Phone: (09) 818-2323
Address: 451 West Coast Rd, Glen Eden

Te Kohanga Reo O Kakariki Marae

Phone: (09) 813-1412
Address: 2 Janet Clews Pl, Glen Eden

Te Kohanga Reo O Te Maungarongo

Phone: (09) 476-4720
Address: 19 Luckens Rd, West Harbour

Te Puna Reo O Manawanui

Phone: (09) 834-9336
Address: 36 Titoki St, Te Atatu Peninsula
Email: puna_reo@xtra.co.nz

Te Reo Tohu Aroha Te Kohanga Reo

Address: 467-469 West Coast Rd, Glen Eden
Email: janinephillips81@hotmail.co.nz

Te Rito O Waipareira

Phone: (09) 837-7120
Address: 5 Edmonton Rd, Henderson
Email: tamariki@wai-trust.co.nz

Te Ngākau Mahana Te Kohanga Reo

Phone: (09) 836-0507

Address: 22 A Smythe Rd, Henderson

Te Ohonga Reo O Akongatia

Phone: (09) 833-6160

Address: 8 Sari Pl, Massey

Email: toroa1@slingshot.co.nz

AUCKLAND CENTRAL**Hineteiwaiwa Te Kohanga Reo**

Phone: (09) 373-7599

Address: 16 Wynyard St, Auckland CBD

Ngā Purapura Puawai Early Childhood Centre

Phone: (09) 571-2098

Address: 12A Umere Crescent, Ellerslie

Email: manager@twp.org.nz

Ritimana Kohanga Reo Childcare Centre

Phone: (09) 376-3076

Address: Richmond Rd School, Ponsonby

Email: ritimana@xtra.co.nz

Te Arapeta Te Kohanga Reo

Phone: (09) 527-6314

Address: 49 Courts Crescent, Panmure

Te Arapeta Whānau Te Kohanga Reo

Phone: (09) 527-6314

Address: 49 Courts Crescent, Panmure

Te Kohanga Reo O Te Taurere

Phone: (09) 528-4944

Address: 5 Navarre Rd, Glendowie

Te Kohanga Reo O Puau**Te Moana-Nui-A-Kiwa Kongahunga**

Phone: (09) 528-7522

Address: 26 Farrington St, Glen Innes

Te Puna Reo Maori O Nga Maungarongo

Phone: (09) 846-4698

Address: 140 Haverstock Rd, Mount Albert

Email: admin@tepunareo.co.nz

Te Puna Reo O Wairaka

Phone: (09) 815-4321

Email: tepunareowairaka@xtra.co.nz

Address: 139 Carrington Rd, Point Chevalier

Te Tira Hou Te Kohanga Reo

Phone: (09) 570-1387

Address: 2A Caen Rd, Panmure

AUCKLAND SOUTH**Absolutely Fabulously Kids**

Phone: (09) 267-7082

Address: 48 Tawa Crescent, Manurewa

Email: lynda.afk@live.com

Hūmārie Kohanga Reo

Phone: (09) 299-2630

Address: 25-33 Station Rd, Takanini

Email: whanau@k03i021.kohanga.ac.nz

Kiwitoa Te Kohanga Reo

Phone: (09) 296-0911

Address: 6 R Liddy Pl, Papakura

Ki Tāmaki Rawhiti Kohanga Reo

Phone: (09) 273-1498

Address: 196 S Preston Rd, East Tamaki

Manaaki Whānau Roopu Tupuranga

Phone: (09) 267-2763

Address: 108 Mahia Rd, Manurewa

Email: manaakiwhanau@xtra.co.nz

Ngā Hau E Wha Te Kohanga Reo O Pukekohe

Phone: (09) 238-7215

Address: 92 Beattys Rd, Pukekohe

Ngā Kākano O Te Manuka ELC

Phone: (09) 255-1408

Address: 10 Canning Crescent, Mangere

Email: nkm@twoa.ac.nz

Ngā Puāwai O Wikitōria Te Kohanga Reo

Phone: (09) 296-2143

Address: 32F Old Wairoa Rd, Papakura

Rongomai Te Kohanga Reo

Phone: (09) 274-5279

Address: Rongomai Rd, Otara

Tahuri Mai Kohanga Reo

Phone: (09) 267-6818

Address: 77 Skyes Rd, Manukau

Te Atawhai Kohanga Reo

Phone: (09) 268-0547

Address: 59 Sharland Ave, Manurewa

Te Hononga Puna Reo

Phone: (09) 239-1150

Address: 19 Beatty Rd, Pukekohe

Email: thpr@ps.gen.nz

Te Huinga Reo Kohanga Reo

Phone: (09) 274-9326

Address: 52-S Otara Rd, Otara

Te Kamaka Mātauranga Kohanga Reo

Phone: (09) 268-1075
Address: 94 Weymouth Rd, Manurewa

Te Kohanga Reo Ki Papatoetoe Whānau

Phone: (09) 279-9772
Address: 67 K Swaffield Rd, Papatoetoe

Te Kohanga Reo Ki Pikitia

Phone: (09) 275-1304
Address: 75 Comet Crescent, Mangere

Te Kohanga Reo Manurewa

Phone: (09) 267-0955
Email: whanau@k03h011.kohangan.ac.nz

Te Kohanga Reo O Mataatua Ki Mangere

Phone: (09) 275-4179
Address: 17 Killington Crescent, Mangere

Te Kohanga Reo O Ngāti Otara Marae

Phone: (09) 274-8927
Address: 100 Gilbert Rd, Otara

Te Kohanga Reo O Pukeroihi

Phone: (09) 298-2106
Address: 44 A Beach Rd, Papakura

Te Kohanga Reo O Te Rangimaria O Otahuhu

Phone: (09) 279-3974
Address: 218 Puhinui Rd, Papatoetoe

Te Kupenga Te Kohanga Reo

Phone: (09) 279-3974
Address: 25 Othello Drive, Otara

Te Manawa Tapu O Te Kapu

Phone: (09) 274-3860
Address: 20 Otara Rd, Otara

Te Maunga Kohungahunga Kohanga Reo

Phone: (09) 298-4943
Address: 18s Bates St, Papakura

Te Ngaru Whare Akonga

Phone: (09) 267-7272
Address: 460 Porchester Rd, Manurewa
Email: tengaru460@windowslive.com

Te Ngaru Whare Akonga Onepu

Phone: (09) 267-7272
Address: 460 Porchester Rd, Manurewa

Te Otinga Ki Tāmaki Kohanga Reo

Phone: (09) 276-6421
Address: 77 Wymondley Rd, Otara

Te Paa Harakeke Reo

Phone: (09) 622-0939
Address: Miro Rd, Mangere

Te Piringa Ki Otara Kohanga Reo

Phone: (09) 273-2994
Address: 10 Pearl Baker Drive, Otara
Email: whanau@k03f067.kohanga.ac.nz

Te Puāwaitanga Ki Manurewa

Phone: (09) 266-7506
Address: 25 Fergusson St, Manurewa

Te Rāhuitanga Kohanga Reo

Phone: (09) 274-6322
Address: 55 Alexander Crescent, Otara

Te Reo Rangatira Ki Whaiora TKR

Phone: (09) 274-6554
Address: 20 Otara Rd, Otara

Te Timatanga Kohanga Reo

Phone: (09) 266-1150
Address: 7 Berkeley Ave, Manurewa

Te Wiri Kohanga Reo

Phone: (09) 263-7114
Address: 27 Kerrs Rd, Manukau Central

White Heron Learning Centre

Phone: (09) 266-0895
Address: 16 Jellicoe Rd, Manurewa
Email: jkhood@xtra.co.nz

Whakatipuranga Ki Otara Te Kohanga Reo

Phone: (09) 274-5383
Address: 21 Waimate St, Otara

Whatāpaka Marae Te Kohanga Reo

Phone: (09) 292-7225
Address: Whatapaka Rd, Papakura

Whaia Te Mātauranga Te Kohanga Reo

Phone: (09) 276-6094
Address: 89 Vine St, Mangere East

Engaging Priority Families

Engaging Priority Families is a Ministry of Education funded initiative that assists whānau with children under 5 years of age to access early childhood education. The initiative is focussed in priority suburbs of Auckland and support can be accessed by contacting the relevant provider below.

AUCKLAND WEST

Te Whānau O Waipareira Trust

(West Auckland)

Phone: 0800 924 942 or 027 566 7332

Address: Whānau Centre, Cnr Catherine &

Edsel St, Henderson

Web: www.waipareira.com

Te Nuinga Education Trust

(Tuakau & Pukekohe)

Mobile: 027 290 6001

Address: 72 Geraghty Maber Rd, Tuakau

Teuila Consultancy

(Mangere, Manukau & Manurewa)

Phone: (09) 360-0257 or 027 454 3171

Address: 58 Asquith Ave, Mt Albert

AUCKLAND CENTRAL

Ako Pai Ltd *(Glen Innes)*

Mobile: 021 703 501

Address: 10 Beatty St, Otāhuhu

Email: eric@akopai.co.nz

Anglican Trust for Women and Children

(Tāmaki)

Phone: (09) 276-3729 or 027 567 4126

Address: 10 Beatty St, Otāhuhu

Email: info@atwc.org.nz

Web: www.atwc.org.nz

Teuila Consultancy *(Tāmaki)*

Phone: (09) 360-0257 or 027 454 3171

Address: 58 Asquith Ave, Mt Albert

AUCKLAND SOUTH

Anglican Trust for Women and Children

(Papatoetoe, Manukau & Manurewa)

Phone: (09) 276-3729 or 027 567 4126

Address: 10 Beatty St, Otāhuhu

Email: info@atwc.org.nz

Web: www.atwc.org.nz

Otara Boards Forum *(Otara)*

Phone: (09) 271-4623 or 021 802 163

Address: 20 Otara Rd, Otara

Parents As First Teachers

Parents As First Teachers (PAFT) is a home visiting programme of individualised support and information on child development, and how to foster early learning and education. The programme also monitors health screening (for example, ensuring immunisations are up-to-date) and provides links to other community services. PAFT programmes will provide support from before your baby is born until his or her third birthday. Contact one of the providers listed below to find out more about PAFT.

AUCKLAND NORTH

Barnados NZ

Phone: (09) 481-1160
Address: 26 Kilham Ave, Northcote
Email: paft@barados.org.nz
Web: www.barnados.org.nz

AUCKLAND WEST

M Te Whānau O Waipareira Trust

Phone: 0800 92 49 42 or (09) 836-6683
Address: Whānau House, 6 – 8 Pioneer St,
Henderson
Web: www.waipareira.com

AUCKLAND CENTRAL

Royal NZ Plunket Society

Phone: (09) 570-1460
Address: 139 Mt Wellington Highway,
Mt Wellington
Email: paft03@plunket.org.nz
Web: www.plunket.org.nz

P Pasifika Education Centre

Phone: (09) 260-4042
Address: Building 4, 17 Lambie Drive, Manukau
Email: jocelyn@pec.ac.nz
Web: www.pec.ac.nz

AUCKLAND SOUTH

Royal NZ Plunket Society

Phone: (09) 262-5978
Address: Level 2, Westfield Plaza, 8 Leyton Way,
Manukau
Email: paft04@plunket.org.nz
Web: www.plunket.org.nz

M Turuki Healthcare

Phone: (09) 275-5788
Address: 2/32 Canning Crescent, Mangere
Email: gwilson@thc.org.nz



Kura Kaupapa Māori

AUCKLAND NORTH

Te Kura Kaupapa Māori o Ngaringaomatariki

Phone: (09) 425-9017

Address: 34 Oruawharo School Rd, Wellsford

Te Kura Kaupapa Māori o Te Raki Paewhenua

Phone: (09) 479-5624

Address: 7 Ceres Court, Mairangi Bay

AUCKLAND WEST

Te Kura Kaupapa Māori o Hoani Waititi

Phone: (09) 818-2317

Address: 441 West Coast Rd, Glen Eden

Te Kura Kaupapa Māori o Te Kotuku

Phone: (09) 832-2911

Address: 92 Simpson Rd, Ranui

AUCKLAND CENTRAL

Te Kura Kaupapa Māori o Ngā Maungarongo

Phone: (09) 815-6349

Address: 140 Haverstock Rd, Mount Albert

Te Kura Kaupapa Māori o Puau Te Moananui-a-Kiwa

Phone: (09) 528-0210

Address: 26 A Farringdon St, Glen Innes

AUCKLAND SOUTH

Te Kura Kaupapa Māori o Mangere

Phone: (09) 275-1821

Address: 7 Comet Crescent, Mangere

Te Kura Kaupapa Māori o Manurewa

Phone: (09) 268-2031

Address: 17 R Trounson Ave, Manurewa

Te Kura Kaupapa Māori o Otara

Phone: (09) 274-6687

Address: 52 Alexander Crescent, Otara

Te Wharekura o Manurewa

Phone: (09) 266-0158

Address: 81 Finlayson Rd, Manurewa

Bilingual and Immersion Schools and Classes – Primary & Intermediate

AUCKLAND NORTH

Birkdale Intermediate

Phone: (09) 483-9168
Address: 200 Birkdale Rd, Birkdale
Type: Immersion & Bilingual Classes

Birkdale Primary School

Phone: (09) 483-7767
Address: 10 Salisbury Rd, Birkdale
Type: Immersion Classes

Helensville School

Phone: (09) 420-0203
Address: Rata St, Helensville
Type: Bilingual Classes

Okiwi School

Phone: (09) 429-0138
Address: Aotea Rd, Okiwi
Type: Bilingual School

Parakai School

Phone: (09) 420-8494
Address: 10 Fordyce Rd, Parakai
Type: Bilingual Classes

Te Huruhi School

Phone: (09) 372-0200
Address: 7 Donald Bruce Rd, Surfdale-Waiheke Island
Type: Immersion & Bilingual Classes

Woodhill School

Phone: (09) 420-8108
Address: 1555 State Highway 16, Woodhill-Helensville
Type: Bilingual Classes

AUCKLAND WEST

Birdwood School

Phone: (09) 833-8479
Address: Karepo Crescent, Ranui
Type: Bilingual Classes

Henderson Intermediate

Phone: (09) 838-8529
Address: 70 Lincoln Rd, Henderson
Type: Bilingual Classes

Kelston Deaf Education Centre

Phone: (09) 827-4859
Address: 3 Archibald Rd, Kelston
Type: Bilingual Classes

Ngā Kakano Christian Reo Rua Kura

Phone: (09) 835-3626
Address: 40 Kirrie Ave, Te Atatu South
Type: Bilingual School

Pomaria Road School

Phone: (09) 836-4919
Address: 33a Pomaria Rd, Henderson
Type: Bilingual Classes

Ranui School

Phone: (09) 833-6286
Address: Ranui Station Rd, Ranui
Type: Immersion & Bilingual Classes

Rosebank School

Phone: (09) 828-6319
Address: 217 Rosebank Rd, Avondale
Type: Bilingual Classes

AUCKLAND CENTRAL

Freemans Bay School

Phone: (09) 360-1572
Address: Wellington St, Freemans Bay
Type: Immersion Classes

Kōwhai Intermediate

Phone: (09) 846-7534
Address: 26 Onslow Rd, Kingsland
Type: Immersion Classes

Newton Central School

Phone: (09) 378-6883
Address: Monmouth St, Grey Lynn
Type: Immersion & Bilingual Classes

New Windsor School

Phone: (09) 628-8001
Address: New Windsor Rd, New Windsor
Type: Bilingual Classes



Richmond Road School

Phone: (09) 376-1091
 Address: 113 Richmond Rd, Ponsonby
 Type: Immersion & Bilingual Classes

Sylvia Park School

Phone: (09) 527-6526
 Address: Longford St, Mt Wellington
 Type: Immersion & Bilingual Classes

Westmere School

Phone: (09) 361-0014
 Address: Larchwood Ave, Westmere
 Type: Bilingual Classes

AUCKLAND SOUTH**Clayton Park School**

Phone: (09) 267-0077
 Address: Coxhead Rd, Manurewa
 Type: Bilingual Classes

Clendon Park School

Phone: (09) 267-6671
 Address: 145 Rowandale Ave, Manurewa
 Type: Bilingual Classes

Edmond Hillary School

Phone: (09) 298-9132
 Address: Hunua Rd, Papakura
 Type: Bilingual School

Finlayson Park School

Type: Bilingual Classes

Kelvin Road School

Phone: (09) 298-8417
 Address: Kelvin Rd, Papakura
 Type: Immersion & Bilingual Classes

Manurewa East School

Phone: (09) 266-9487
 Address: Scots Rd, Manurewa
 Type: Bilingual Classes

Manurewa South School

Phone: (09) 266-8341
 Address: 39 Tawa Crescent, Manukau Central
 Type: Bilingual Classes

Mountain View School

Phone: (09) 636-5410
 Address: 81 Mountain Rd, Mangere
 Type: Bilingual Classes

Ngā Iwi School

Phone: (09) 275-4921
 Address: 60 Mascot Ave, Mangere
 Type: Bilingual Classes

Otāhuhu School

Phone: (09) 259-0109
 Address: 41 Station Rd, Otāhuhu
 Type: Bilingual Classes

Papakura Normal School

Phone: (09) 295-0530
 Address: 143 Porchester Rd, Papakura
 Type: Bilingual Classes

Papakura North School

Phone: (09) 296-9040
 Address: 58 Beach Rd, Papakura
 Type: Immersion & Bilingual Classes

Pukekohe Intermediate

Phone: (09) 238-6568
 Address: Queen St, Pukekohe
 Type: Bilingual Classes

Pukekohe North School

Phone: (09) 238-8552
 Address: Princes St, Pukekohe
 Type: Bilingual School

Randwick Park School

Phone: (09) 267-0112
 Address: Riverton Drive, Manurewa
 Type: Bilingual Classes

Roscommon School

Phone: (09) 266-5731
 Address: 23 Burundi Ave, Manurewa
 Type: Immersion & Bilingual Classes

Sir Edmond Hillary Collegiate Junior School

Phone: (09) 274-5782
 Address: 2 Franklyne Rd, Otara
 Type: Bilingual Classes

Sutton Park School

Phone: (09) 276-4560
 Address: 89 Vine St, Mangere East
 Type: Bilingual Classes

Te Kura Māori O Ngā Tapuwae

Phone: (09) 551-6161
 Address: 253 Buckland Rd West, Mangere
 Type: Bilingual Classes

Tuakau School

Phone: (09) 236-8105
 Address: 6 School Rd, Tuakau
 Type: Bilingual Classes

Weymouth Intermediate

Phone: (09) 266-7455
 Address: 44 Palmers Rd, Clendon Park, Manukau
 Type: Bilingual Classes

Wiri Central School

Phone: (09) 262-0594
 Address: Inverell Ave, Manukau City
 Type: Immersion Classes

Bilingual and Immersion Schools and Classes – Secondary

AUCKLAND NORTH

Hato Petera College

Phone: (09) 480-7784
Address: 103 College Rd, Northcote
Type: Bilingual Classes

Takapuna Grammar School

Phone: (09) 489-4167
Address: 210 Lake Rd, Takapuna
Type: Bilingual Classes

AUCKLAND WEST

Kelston Deaf Education Centre

Phone: (09) 827-4859
Address: 3 Archibald Rd, Kelston
Type: Bilingual Classes

Kelston Girls' College

Phone: (09) 827-6063
Address: Great North Rd, New Lynn
Type: Bilingual Classes

Massey High School

Phone: (09) 831-0500
Address: 274 Don Buck Rd, Massey
Type: Immersion & Bilingual Classes

Waitakere College

Phone: (09) 836-7890
Address: Rathgar Rd, Henderson
Type: Bilingual Classes

AUCKLAND CENTRAL

Auckland Girls' Grammar School

Phone: (09) 307-4180
Address: Howe St, Newton
Type: Bilingual Classes

Mt Albert Grammar School

Phone: (09) 846-2044
Address: 36 Alberton Ave, Mount Albert
Type: Bilingual Classes

Tāmaki College

Phone: (09) 521-1104
Address: Elstree Ave, Glen Innes
Type: Bilingual Classes

Western Springs College

Phone: (09) 815-6730
Address: Motions Rd, Western Springs
Type: Immersion & Bilingual Classes

AUCKLAND SOUTH

James Cook High School

Phone: (09) 268-3950
Address: Dr Pickering Ave, Manurewa
Type: Immersion & Bilingual Classes

Kia Aroha College

Phone: (09) 274-5807
Address: 51 Othello Drive, Otara
Type: Bilingual Classes

Te Kura Māori O Nga Tapuwae

Phone: (09) 551-6161
Address: 253 Buckland Rd West, Mangere
Type: Bilingual Classes

Tuakau College

Phone: (09) 236-8521
Address: Elizabeth St, Tuakau
Type: Bilingual Classes

Alternative Education

For those secondary school age students who have been excluded from attending school. Contact should be made with the Consortium Coordinator for assistance in enrolling in an alternative education provider.

AUCKLAND NORTH

North Shore Consortium (*Orewa College*)

Phone: (09) 426-4075 or
(09) 427-3833 Ext. 222
Post: PO Box 345, Orewa 0946

Providers include Coast Alternative Education, Creative Learning Scheme Glenfield, Impact Alternative Education, & Marist Enhancement Learning Centre

AUCKLAND WEST

Waitakere Consortium

(*Green Bay High School*)

Phone: (09) 839-2178
Post: PO Box 104078, Lincoln North,
Henderson

Providers include Futures West, Mary McKillop Education Centre, Target Education Centre, Vision West, & SENZ Junior Academy

Kaipara College

Phone: (09) 420-7977
Address: 10 Awaroa Rd, Helensville
Provided by Te Awaroa Youth Club

AUCKLAND CENTRAL

Auckland City Consortium

(*Mt Albert Grammar*)

Phone: 0800 020 378
Address: Mt Albert Grammar School,
Alberton Rd, Mt Albert

Providers include Ambury Park Riding and Therapy Centre, Amokura/Waipareira, ATC Trainee AE Programme, ATS Education & Training, Creative Learning Scheme, Tangata Pasifika AE Programme, Te Roopu o Wai Ora/Te Paa, & Youthline AE Unit

AUCKLAND SOUTH

Counties Manukau Consortium (*James Cook, Papakura, & Pukekohe High Schools*)

Phone: (09) 238-9475
Post: PO Box 1375, Pukekohe

Providers include Clendon Manurewa Whānau/Family Support Services Trust, Community Education and Training, Te Aotea, Te Ara Poutama, & Te Ara Poutama Pukekohe

AIMHI Consortium (*Otahuhu, Tangaroa, & Mangere Colleges*)

Phone: (09) 270-3028
Post: Private Bag 93317, Otāhuhu

Providers include Creative Learning Scheme, Crosspowers, Mangere College, Tangaroa College, Te Ara Poutama, & Whakamana Ngā Rangatahi Trust

Manukau Consortium (*Aorere College*)

Phone: (09) 270-3028
Post: Private Bag 93317, Otāhuhu

Provided by Quality Education Services Trust

Auckland South Consortium

(*Onehunga High School*)

Phone: (09) 270-3028
Post: Private Bag 93317, Otāhuhu

Provided by Creative Learning Scheme Central, East & South

Wānanga, Universities and Polytechnics

AUCKLAND NORTH

Auckland University of Technology

Phone: (09) 921-9999 or
0800 AUT UNI (0800 288 864)
Address: AG Block, 90 Akoranga Drive,
Northcote (North Shore Campus)
Web: www.aut.ac.nz

Offers courses in Health & Environmental Sciences, Education, and Sport & Recreation.

Massey University - Albany

Phone: (09) 414-0800 or 0800 627 730
Address: Dairy Flat Highway (SH17),
Albany (East Precinct)
Albany Highway,
Albany (Oteha Rohe Campus)
Email: contact@massey.ac.nz
Web: www.massey.ac.nz

Offers a wide range of courses in Mathematics & Information Management, Sciences, Food Technology, Nutrition, Health Sciences, Engineering, Jazz, Humanities, Social Sciences, Business, and Education.

AUCKLAND WEST

Learning Post:

(Te Whānau O Waipareira Trust)

Phone: 0800 89 58 95
Address: Level 2, Whānau House,
6 – 8 Pioneer St, Henderson
Email: info.lp@waiwhanau.com
Web: www.learningpost.ac.nz

Offers a range of NZQA accredited courses via distance learning in computing, business administration, accounting, communication, and customer services.

Unitec “FREE TE REO COURSES”

Phone: (09) 815-4321 Ext. 7093
or 0800 10 95 10
Address: Ratanui St, Henderson
(Waitakere Campus)
Email: study@unitec.ac.nz
Web: www.unitec.ac.nz

Offers courses in Accounting & Finance, Health, Computing & Information technology, Medical Imaging, Nursing, Osteopathy, Performing Arts, and Social Practice.

AUCKLAND CENTRAL

Auckland University of Technology

Phone: (09) 921-9999
or 0800 AUT UNI (0800 288 864)
Address: Building WH, Ground Floor, 49
Wellesley St East, Auckland CBD
(City Campus)
Web: www.aut.ac.nz

Offers courses in Humanities, Business, Law, Art & Design, and Māori Development.

Te Wānanga Takiura

Phone: (09) 625-6226 or 0800 62 52 74
Address: 100 Pah Rd, Royal Oak
Email: ttrw@tw.ac.nz
or kkmadmin@tw.ac.nz
Web: www.tw.ac.nz

Te Reo Māori and Māori medium teacher training.

Unitec “FREE TE REO COURSES”

Phone: (09) 815-4321 Ext. 7093
or 0800 10 95 10
Address: Gate 3, Building 171, Carrington Rd,
Mt Albert (Mt Albert Campus)
Email: study@unitec.ac.nz
Web: www.unitec.ac.nz

Offers courses in Accounting & Finance, Architecture, Building Technology, Civil Engineering, Communication Studies, Computing & Information Technology, Construction Management, Design & Visual Arts, Education, Electrotechnology, Landscape Architecture, Language Studies, Māori Studies, Management &

Marketing, Natural Sciences, Nursing, Osteopathy, Performing & Screen Arts, Plumbing & Gasfitting, Social Practice, Sport, and Transport Technology

University of Auckland

Phone: 0800 61 62 63

Address: Symonds St, Auckland CBD

(City Campus)

74 Epsom Ave, Epsom

(Epsom Campus)

Merton Rd, Glen Innes

(Tāmaki Campus)

Park Rd, Grafton (Grafton Campus)

Web: www.auckland.ac.nz

Arts, Health, Science, Law, Creative Industries & Fine Arts courses are taught at the City Campus.

Teacher Training and Human Services courses are taught at the Epsom Campus.

Biosecurity, population health, psychology, speech language therapy and wine science courses are taught at the Tāmaki Campus.

Medical Science courses are taught at the Grafton Campus.

AUCKLAND SOUTH

Auckland University of Technology

Phone: (09) 921-9999 or 0800 AUT UNI
(0800 288 864)

Address: Building MB, 640 Great South Rd,
(Manukau Campus)

Web: www.aut.ac.nz

Offers courses in Business, Computing, Teacher Training, Health Sciences, Sport & Recreation, and Pacific Arts.

Manukau Institute of Technology (MIT)

Phone: 0800 62 62 52

Address: Cnr East Tāmaki Rd &
Newbury St, Otara

Email: info@manukau.ac.nz

Web: www.manukau.ac.nz

Offers courses in Consumer Services, Creative Arts, Nursing & Health, Business, Education, Social Sciences, and Engineering & Trades.

M Te Whare Wānanga O Aotearoa

"FREE TE REO COURSES"

Phone: (09) 256-5900 or 0800 35 55 53

Address: 15 Canning Crescent, Mangere

Web: www.twoa.ac.nz

Also offers outreach courses in Kaipara, North Shore, & New Lynn.

M Te Wānanga o Raukawa

Phone: 0800 92 62 642

Address: Huakina, 6 Roulston St, Pukekohe

Web: www.wananga.com

Deliver social services courses in Pukekohe.

University of Auckland – Manukau (based at MIT)

Phone: 0800 61 62 63

Address: Newbury St, Otara

Web: www.auckland.ac.nz

Deliver Education and Visual Arts courses at MIT.

Community/Adult Education

AUCKLAND NORTH

Northcote College

Phone: (09) 481-0144
Address: 6 – 10 Kauri Glen Rd, Northcote
Email: info@learn4life.co.nz
Web: www.learn4life.co.nz

Offers a range of short courses throughout the year, including Te Reo Māori for beginners (\$99).

Rangitoto College

Phone: (09) 477-0075
Address: 564 East Coast Rd, Mairangi Bay
Email: comed@rangitoto.school.nz
Web: www.rangitoto.school.nz/community/community.aspx

Offers a range of short courses throughout the year.

AUCKLAND WEST

Rutherford College

(in conjunction with Massey High)

Phone: (09) 833-9124
Address: Kotuku St, Te Atatu Peninsula
Email: comed@masseyhigh.school.nz
Web: www.masseyhighcommunityeducation.co.nz

Offers a range of short courses throughout the year, including Te Reo Māori for beginners (\$55).

AUCKLAND CENTRAL

Onehunga High School

Phone: (09) 636-9060
Address: 24 Pleasant St, Onehunga
Email: comed@ohs.school.nz
Web: www.adultlearn.co.nz

Offers a range of short courses throughout the year, including Te Reo Māori for beginners (\$48).

Selwyn College

Phone: (09) 521-9623
Address: 203 – 245 Kohimarama Rd, Kohimarama
Email: info@selwyncomed.school.nz
Web: www.selwyn.school.nz

Offers a range of short courses throughout the year, including Te Reo Māori for beginners (\$58).

AUCKLAND SOUTH

Aorere College Adult & Community Education

Phone: (09) 279-0671
Address: Portage Rd, Papatoetoe
Email: ac coordinator@aorere.ac.nz or tmalcolm@aorere.ac.nz
Web: www.localist.co.nz/l/aorere

Offers a range of short courses throughout the year, including Te Reo Māori for beginners (\$35).

Edgewater College

Phone: (09) 576-4731
Address: 32 Edgewater Drive, Pakuranga
Email: ecp-admin@edgewater.school.nz
Web: www.shortcoursesandworkshops.co.nz

Offers a range of short courses throughout the year.

Rosehill College

(in conjunction with Pukekohe High School)

Phone: (09) 238-6089 Ext. 235
Address: 5 Edinburgh Ave, Papakura
Email: dwood.ace@gmail.com
Web: www.pukekohehigh.ac.nz/WebSpace/1575/

Offers a range of short courses throughout the year, including Te Reo Māori for beginners (\$60).

Counties Area Community Education

Phone: (09) 238-6089 or 021 070 0349
Web: www.cace.org.nz

Provides assistance to link into community courses throughout Auckland South, as well as links to other community education providers throughout the Auckland region.

Other

The following Web-sites provide useful resources for those wishing to familiarise themselves with basic Māori language:

www.korero.maori.nz

www.maorilanguage.net

Te Ataarangi is an immersion style of learning Te Reo Māori using rākau (rods). Community-based classes are delivered throughout Auckland, and participants can also participate in regional immersion hui and national community hui as a part of Te Ataarangi network.

For more information on Te Ataarangi courses near you, call toll-free 0800 ATAARANGI (0800 28 22 72).



Māori Specific



Pacific Island Specific

Medical Centres

The following medical centres provide services to a high number of Māori and/or Pacific people. A comprehensive list of medical centres in the whole of Auckland can be found at www.healthpoint.co.nz.

Free general medical advice and telephone triage can also be obtained from Healthline on 0800 611 116 if you need advice about any person who is unwell or hurt, or has any symptoms of sickness. This service is available 24 hours and is free to callers throughout New Zealand, including from a mobile phone.

In the event of an emergency, dial 111.

AUCKLAND NORTH

Glenfield Doctors on Chartwell

Phone: (09) 441-2352

Address: 52 Chartwell Ave, Glenfield

Kowhai Coast Medical Centre

(Coast to Coast Healthcare)

Phone: (09) 425-6666 or

(09) 423-8086 After Hours

Address: 145 Mahurangi East Rd, Snells Beach

Mangawhai Medical Centre

(Coast to Coast Healthcare)

Phone: (09) 431-4128

or (09) 423-8086 After Hours

Address: 4 Fagan Pl, Mangawhai Heads, Mangawhai

Matakana Medical Centre

(Coast to Coast Healthcare)

Phone: (09) 422-7737 or

(09) 423-8086 After Hours

Address: 74 Matakana Valley Rd, Matakana

Maungatūroto Medical Centre

(Coast to Coast Healthcare)

Phone: (09) 431-8576 or

(09) 423-8086 After Hours

Address: 138 Hurndal St, Maungatūroto

P Nile Road Medical Centre

(Pasifika Integrated Healthcare)

Phone: (09) 410-0275

Address: 1 Nile Rd, Milford

Email: info@pifmc.co.nz

Paparua Medical Centre

(Coast to Coast Healthcare)

Phone: (09) 431-7222

Address: 187 Paparua Valley Rd, Paparua

M Te Puna Hauora o Te Raki Paewhenua – Birkdale Clinic

Phone: (09) 483-5724

Address: 166 Birkdale Rd, Birkdale

Email: administrator@tepuna.org.nz

M **Te Puna Hauora o Te Raki Paewhenua – Medical on Akoranga**

Phone: (09) 489-5382

Address: Medical on Akoranga,
44 Akoranga Drive, Northcote

Email: administrator@tepuna.org.nz

M **Te Puna Hauora o Te Raki Paewhenua – Northcote Clinic**

Phone: (09) 489-3049

Address: 58a Akoranga Drive, Northcote

Email: administrator@tepuna.org.nz

Wellsford Medical Centre

(Coast to Coast Healthcare)

Phone: (09) 423-8086

Address: 220 Rodney St, Wellsford

AUCKLAND WEST

Family Practice and Medical Centre

Phone: (09) 833-8223

Address: 437 Swanson Rd, Ranui

Email: david.blumberg@ilogix.net.nz

Kaipara Medical Centre

Phone: (09) 420-8400

Address: 53 – 65 Commercial Rd,
Helensville

Kelston Medical Centre

Phone: (09) 818-5208

Address: 8 Archibald Rd, Kelston

Email: KelstonMed@ilogix.net.nz

Web: www.kelstonmed.co.nz

Lincoln Road Medical Centre

Phone: (09) 837-2056 or (09) 837-1431

Address: 131 Lincoln Rd, Henderson

Lynn Mall Medical Centre

Phone: (09) 827-3163

Address: 3058 Great North Rd, New Lynn

Massey Medical Centre

Phone: (09) 831-0170

Address: 394 Don Buck Rd, Massey

McLaren Park Medical Centre

Phone: (09) 837-3399

Address: 83 Bruce McLaren Rd, Henderson

Email: adminmclarenpark@gmail.com

New Lynn Medical Centre

Phone: (09) 827-4127

Address: 119 Titirangi Rd, New Lynn

Ranui Medical Centre

Phone: (09) 833-6033

Address: 482 Swanson Rd, Ranui

Royal Heights Medical Centre

Phone: (09) 833-7347

Address: 138 Royal Rd, Massey

Waitakere Union Health

Phone: (09) 837-3933

Address: 55 - 75 Lincoln Rd, Henderson
(In Waitakere Hospital grounds)

Email: practice@wuhealth.co.nz

P **West Fono Health Trust**

Phone: (09) 837-1780

Address: 411 Great North Rd, Henderson

West Harbour Medical Centre

Phone: (09) 416-8315

Address: 86 Oriel Ave, West Harbour

Westview Medical Centre

Phone: (09) 818-7111

Address: 5 Glendale Rd, Glen Eden

Email: westview@westview.co.nz

Whānau Centre Health Clinic

Phone: (09) 839-0288

Address: 6-8 Pioneer St, Henderson

AUCKLAND CENTRAL

All Health

Phone: (09) 579-0563

Address: 237a Mt Smart Rd, Onewunga

Avondale Family Health Centre

Phone: (09) 820-0065 or (09) 820-0526

Address: 1784 Great North Rd, Avondale

Avondale Medical Centre

Phone: (09) 828-8453

Address: 256 Rosebank Rd, Avondale

Calder Centre *(Auckland City Mission)*

Phone: (09) 303-9266

Address: 136 – 140 Hobson St,
Auckland Central

Email: info@aucklandcitymission.org.nz

Church Street Doctors

Phone: (09) 276-8512 or (09) 276-4300

Address: 121 Church St, Otāhuhu

Dr Peter King & Dr James Lowe Medical Services

Phone: (09) 846-2296

Address: 491A New North Rd, Kingsland



Māori Specific



Pacific Island Specific

East Tāmaki Healthcare (ETHC) Glen Innes

Phone: (09) 528-9054 or
(09) 274-7823 After Hours
Address: 5 Mayfair Pl, Glen Innes
Web: www.ethc.co.nz

East Tāmaki Healthcare (ETHC) Otāhuhu

Phone: (09) 276-3000
Address: 15 – 23 Station Rd, Otāhuhu
Web: www.ethc.co.nz

Grey Lynn Family Medical Centre

Phone: (09) 378-6827
Address: 543 Great North Rd, Grey Lynn
Email: medical_cntr@ihug.co.nz
Web: www.greylynfamilymedical.co.nz

**Hauora o Puketapapa –
Roskill Union & Community Health**

Phone: (09) 629-2872
Address: 1492 Dominion Rd Extn Mt Roskill
Email: manager@roskillunion.org.nz

P Langimalie Health Centre – Onehunga

Phone: (09) 636-3629
Address: 29 Hill St, Onehunga

P Langimalie Health Centre – Panmure

Phone: (09) 570-9827
Address: 161 Queen's Rd, Panmure

P Langimalie Health Centre – Otāhuhu

Phone: (09) 258-5092
Address: 11 Station Rd, Otāhuhu

Mt Wellington Family Health Centre

Phone: (09) 570-2999
Address: 283 Penrose Rd, Mt Wellington

**P Mt Wellington Integrated Family Health
Centre**

Phone: (09) 276-8640
Address: 1/627 Mt Wellington Highway,
Mt Wellington
Web: admin@mtwellington.co.nz

**M Ngāti Whātua o Ōrākei –
Glen Innes Health Centre**

Phone: (09) 578-0941 Ext. 2
Address: 272 Apirana Ave, Glen Innes

**M Ngāti Whātua o Ōrākei –
Ōrākei Health Clinic**

Phone: (09) 578-0941 Ext. 1
Address: 230 Kupe St, Orakei

**M Ngāti Whātua o Ōrākei –
Otāhuhu Health Centre**

Phone: (09) 276-1190
Address: 6/507 Great South Rd, Otāhuhu

Onehunga Family Medical Centre

Phone: (09) 636-6267
Address: 161 Onehunga Mall, Onehunga

Otāhuhu Family Medical Centre

Phone: (09) 276-0444
Address: 541 Great South Rd, Otāhuhu

Otāhuhu Family Practice

Phone: (09) 276-4309
Address: Unit 5, 115 Church St, Otāhuhu

Otāhuhu Medical Clinic

Phone: (09) 276-2822 or (09) 270-2023
Address: 463 Great South Rd, Otāhuhu
Email: info@otahumed.co.nz

P Pacific Horizon Health Centre

Phone: (09) 828-8421
Address: 297 Blockhouse Bay Rd, Avondale

Panmure Surgery

Phone: (09) 527-6258
Address: 188 Queens Rd, Panmure

M Piritahi Hau Ora

Phone: (09) 372-0022
Address: 53 Tahatai Rd, Blackpool,
Waiheke Island
Email: piritahihauora@xtra.co.nz

Surrey Medical Centre

Phone: (09) 376-4658
Address: 26 Surrey Crescent, Grey Lynn

Tāmaki Family Health Centre

Phone: (09) 527-3344
Address: 2-4 Clifton Court, Panmure

Three Kings Accident and Medical Clinic

Phone: (09) 625-2999
Address: 536 Mt Albert Rd, Three Kings
Email: info@threekings.co.nz
Web: www.threekings.co.nz

AUCKLAND SOUTH

P 123 Health Ltd (Dr Samuel Fuimaono)

Phone: (09) 269-7321
Address: 123 Great South Rd, Manurewa
Email: 123health@xtra.co.nz

P Bader Drive Healthcare Trust

Phone: (09) 275-8598
Address: 93 Bader Drive, Mangere

Bairds Road Family and Christian Health Centre

Phone: (09) 274-6654
Address: 120 Bairds Rd, Otara

Christian Medical Centre

Phone: (09) 266-7007
Address: 157 Wordsworth Rd, Manurewa

Clendon Family Health Centre

Phone: (09) 267-2636
Address: 9 – 11 Robert Ross Pl, Clendon

Clendon Medical Centre

Phone: (09) 267-4525
Address: 15 Palmers Rd, Clendon

M Clendon Medical Clinic

(Raukura Hauora o Tainui)

Phone: (09) 266-6646
Address: Shop C4, 459 Roscommon Rd, Clendon

Clevedon Road Medical Centre

Phone: (09) 298-3110
Address: 1 Clevedon Rd, Papakura

Community Medical Centre Dannemora

Phone: (09) 951-5380
Address: 455 East Tāmaki Rd, Dannemora
Email: shyam@cmcl.org.nz

Dr DM de Lacey Surgery

Phone: (09) 528-3323
Address: 17 Elstree Ave, Glen Innes
Web: www.ethc.co.nz

Dr Kala Magan

Phone: (09) 275-4763
Address: Cnr Yates & Massey Rd, Mangere East

Dr Patel's Surgery

Phone: (09) 275-6476
Address: 738 Massey Rd, Mangere

East Tāmaki Healthcare Bairds Road

Phone: (09) 274-3414
Address: 160 Bairds Rd, Otara

East Tāmaki Healthcare Dawson Road

Phone: (09) 274-3468
Address: 124 Dawson Rd, Otara

East Tāmaki Healthcare East Tāmaki

Phone: (09) 274-9264
Address: 275 East Tāmaki Rd, Otara

East Tāmaki Healthcare Mangere Town Centre

Phone: (09) 275-7954
Address: 12A Kowhai Court, Waddon Pl, Mangere

East Tāmaki Healthcare Manurewa

Phone: (09) 264-1640
Address: 235 Browns Rd, Manurewa

Fellbrook Medical Centre

Phone: (09) 269-0088
Address: 33 Fellbrook St, Manurewa

Hall Avenue Medical Centre

Phone: (09) 276-4202
Address: 23 Hall Ave, Otāhuhu

Mangere East Medical Centre

Phone: (09) 275-8587
Address: 359 Massey Rd, Mangere East

Mangere Family Doctors

Phone: (09) 275-9977
Address: 215 Massey Rd, Mangere

Mangere Health Centre

Phone: (09) 255-0600
Address: 6 Waddon Pl, Mangere

Manurewa Family Doctors Ltd

Phone: (09) 266-8770
Address: 9 Halver Rd, Manurewa

Manurewa Trust Health Care

Phone: (09) 267-6883
Address: 7 Hill Rd, Manurewa

Otara Family & Christian Health Centre

Phone: (09) 274-6654
Address: Shop 5, 120 East Tāmaki Rd, Otara

Otara Union Health Care

Phone: (09) 274-9135
Address: 3/80 Alexander Crescent, Otara

M Papakura Marae Health Clinic

Phone: (09) 298-3877
Address: 29A Hunua Rd, Papakura

Peoples Centre - Manurewa

Phone: (09) 267-6331
Address: 7 Halver Rd, Manurewa

Rangitoto Medical Centre

Phone: (09) 278-5320
Address: 4 Rangitoto Rd, Papatoetoe

Rosehill Medical Centre

Phone: (09) 298-2780
Address: 2 – 4 Tairere Crescent, Papakura

Seddon Street Medical Centre

Phone: (09) 237-0055
Address: 57 – 63 Seddon St, Pukekohe

P South Seas Healthcare

Phone: (09) 273-9017

Address: Shop 11, Otara Shopping Centre,
Otara**Takanini Family Health Centre**

Phone: (09) 280-6202

Address: 106 Great South Rd, Takanini

M Te Manu Aute Whare Oranga

Phone: (09) 267-8768

Address: 81 Finlayson Ave, Clendon

M Te Paea Marae Medical Clinic*(Raukura Hauora o Tainui)*

Phone: (09) 636-5683

Address: 15/34 Miro Rd, Mangere Bridge

The Airport Doctors

Phone: (09) 256-8444

Address: 3/400 George Bolt Memorial
Drive, Airport Shopping Centre,
Mangere**Tiakina te Ora**

Phone: (09) 298-0778

Address: Cnr Queen & East Streets,
Papakura**M Trust Healthcare***(Raukura Hauora o Tainui)*

Phone: (09) 267-6883

Address: New Hook Lane, 7 Hill Rd,
Manurewa**M Turuki Healthcare**

Phone: (09) 275-5788

Address: Unit 2, 32 Canning Crescent, Mangere

NOTES

After Hours Medical Services Network

The Auckland District Health Boards and Primary Health Organisations support an after-hours network of medical care providers who have centres throughout Auckland open until at least 10pm. Four of the centres also offer extended 24-hour services.

Reduced charges are available to those considered most at risk including children under six years, adults 65 years and older and low income individuals and families. Lower after-hours charges apply 6pm-8am weekdays, all weekend and on public holidays. If you are a patient with a Community Services Card or a High User Health Card bring it along to prove eligibility.

A list of prices is available on the after-hours network Web: at www.afterhoursnetwork.co.nz.

In the case of an emergency, dial 111 or go to your nearest hospital Emergency Department listed below.

AUCKLAND NORTH

North Shore Hospital – Emergency Department

Phone: (09) 486-8900
Address: Shakespeare Rd, Takapuna
Hours Open 24 hours 7 days

Shorecare (Takapuna)

Phone: (09) 486-7777
Address: Sovereign House, Smales Farm
Hours Open 24 hours 7 days

Whitecross Glenfield

Phone: 0800 61 11 11
Address: 436 – 440 Glenfield Rd, Glenfield
Hours Open 8am to 10 pm 7 days

AUCKLAND WEST

Waitakere Hospital – Emergency Department

Phone: (09) 839-0000
Address: 55 Lincoln Rd, Henderson
Hours Open 24 hours 7 days

Westcare Whitecross (Henderson)

Phone: 0800 61 11 11
Address: 131 Lincoln Rd, Henderson
Hours Open 24 hours 7 days

Westcare Whitecross (New Lynn)

Phone: 0800 61 11 11
Address: 2140 Great North Rd, New Lynn
Hours Open 8am to 10 pm 7 days

AUCKLAND CENTRAL

Accident & Medical Centre Three Kings

Phone: (09) 625-2999
Address: 536 Mt Albert Rd, Three Kings
Hours Open 8am to 10pm 7 days

Auckland Hospital – Emergency Department

Phone: (09) 367-0000
Address: 2 Park Rd, Grafton
Hours Open 24 hours 7 days

Whitecross Ascot (Remuera)

Phone: 0800 61 11 11
Address: 90 Greenlane Rd East, Remuera
Hours Open 24 hours 7 days

AUCKLAND SOUTH

East Care (Botany)

Phone: (09) 277-1516
Address: 260 Botany Rd, Botany
Hours Open 24 hours 7 days

Whitecross Otāhuhu

Phone: 0800 61 11 11
Address: 15 23 Station Rd, Otāhuhu
Hours Open 8am to 10pm 7 days

East Tāmaki Healthcare (Otara)

Phone: (09) 274-7823
Address: 160 Bairds Rd, Otara
Hours Open 8am to 11pm 7 days



Māori Specific



Pacific Island Specific

**Middlemore Hospital –
Emergency Department**

Phone: (09) 276-0000
Address: Hospital Rd, Otāhuhu
Hours Open 24 hours 7 days

Takanini Care

Phone: (09) 299-7670
Address: 106 Great South Rd, Takanini
Hours Open 8am to 10pm 7 days

Pukekohe Family Healthcare *(Pukekohe)*

Phone: (09) 237-0280
Address: 10 West St, Pukekohe
Hours Open 8am to 10pm 7 days

NOTES

Dental

Pre-School (0 – 4 Years) and School Children (5 Years – Year 8 of School)

The Auckland Regional Dental Service (ARDS) provides children, aged 0 years to year 8 (Form 2), with free school based dental services. This service is provided from approximately 270 dental clinics situated in the grounds of primary and intermediate schools. Mobile dental clinics may also be based at Kohanga Reo and Pacific Island Language Nests.

The school based service extends throughout the Auckland region from Wellsford in the North to Onewhere in the South.

To find your closest dental clinic, contact the Auckland Regional Dental Service on 0800 4 DENTAL or 0800 433682 or visit the ARDS website www.ards.co.nz.

To enrol a pre-school aged child with ARDS and make an appointment at a dental clinic, either phone 838 1810 or contact the dental clinic at the school closest to your home address (these are listed in the phone book under the school name).

When a child enters school, enrolment with the Auckland Regional Dental Service will be facilitated by/ at the school.

Youth Dental Services

The following dentists provide **FREE dental services to youth** (Year 9 up until the 18th birthday) under the government's dental benefits scheme. An up-to-date list can be obtained at www.ards.co.nz or by ringing 0800 ITS FREE or 0800 487 3733.

AUCKLAND NORTH

Albany Basin Dental Surgery

Phone: (09) 443-7007

Address: Cnr Upper Harbour Highway & Unsworth Rd, Albany

Albany Central Dental Ltd

Phone: (09) 415 9090

Address: Unit 6C, 210 State Highway 17, Albany

AUT Oral Health Department

Phone: (09) 912-9155

Address: 90 Akoranga Drive, Northcote

Bayside Dental

Phone: (09) 478-8773

Address: 86 Clyde Rd, Browns Bay

Barrier Dental

Phone: (09) 429-0599

Address: The Claris Centre, Claris, Great Barrier Island

Birkenhead Ave Dental Centre

Phone: (09) 480-7361

Address: 51 Birkenhead Ave, Birkenhead

Birkenhead Family Dental Care

Phone: (09) 419-9120

Address: 119 Birkenhead Ave, Birkenhead

Dental Perfection Ltd

Phone: (09) 444 8779

Address: 418 Glenfield Rd, Glenfield

Dr Moons Dental Practice

Phone: (09) 418-4189

Address: 57 Pearn Crescent, Northcote

East Coast Bays Dental

Phone: (09) 478-1300

Address: 758 East Coast Rd, Browns Bay

Glenfield Family Dental

Phone: (09) 444-0415

Address: 109 Bentley Ave, Glenfield

Greenhithe Dental Centre

Phone: (09) 413-5109

Address: Unit 4, 6 – 8 Greenhithe Rd, Greenhithe



Māori Specific



Pacific Island Specific

Hibiscus Coast Dental Centre

Phone: (09) 427-5327

Address: 12 Red Beach Rd, Red Beach

Lake Road Dentists Ltd

Phone: (09) 446-3361

Address: 161 Lake Rd, Belmont

Lumino Dental

Phone: (09) 427-4132

Address: Red Beach Shopping Centre,
Red Beach**Lumino Dental**

Phone: (09) 486-2476

Address: 33-35, Hurstmere Rd, Takapuna

Lumino Dental

Phone: (09) 473-1400

Address: 1054C Beach Rd, Torbay

Mayank Dewan Dental Surgery

Phone: (09) 480-1748

Address: 146 Hinemoa St, Birkenhead

Milford Dental Centre

Phone: (09) 489-8354

Address: 2 Dodson Ave, Milford

Milford Dentists Ltd

Phone: (09) 489-6575

Address: 170 Kitchener Rd, Milford

Mokoia Road Dental Centre

Phone: (09) 480-9818

Address: 50A Mokoia Rd, Birkenhead

Northcote Dental Centre

Phone: (09) 480-5931

Address: 2 Ernie Mays St, Northcote

Northcross Dental Solutions

Phone: (09) 478-6471

Address: 160 Carlisle Rd, Browns Bay

North Shore Dental

Phone: (09) 478-7442

Address: 761 Beach Rd, Browns Bay

Ocean View Dental

Phone: (09) 419-5555

Address: 12 Ocean View Rd, Northcote

Rosedale Dental

Phone: (09) 414-2934

Address: 372 Rosedale Rd, Albany

Smile Dental North Shore Ltd

Phone: (09) 444-0011

Address: 212 Wairau Rd, Glenfield

Smile Dental Ltd

Phone: (09) 477-3795

Address: 119 Apollo Drive, Albany

Snells Beach Dental

Phone: (09) 425-5859

Address: 5/280 Mahurangi East Rd, Snells Beach

The Dental Centre Browns Bay

Phone: (09) 479-7710

Address: 81 Clyde Rd, Browns Bay

The Tooth Company

Phone: (09) 410-9971

Address: 68-76 Taharoto Rd, Takapuna

Tusk Dental

Phone: (09) 479-2974

Address: 14B Hastings Rd, Mairangi Bay

Viva Dental

Phone: (09) 480-7265

Address: 182 Hinemoa St, Birkenhead

Waiwera Dental Centre

Phone: (09) 427-8822

Address: 21 Waiwera Rd, Waiwera

Warkworth Dental Practice Ltd

Phone: (09) 425-8476

Address: 6 Morpeth St, Warkworth

Wellsford Dental

Phone: (09) 423-8017

Address: 163 Rodney St, Wellsford

Whangaparaoa Dental Centre Ltd

Phone: (09) 424-5294

Address: Pacific Plaza, Whangaparaoa Rd

Whitecross Glenfield Dental

Phone: (09) 444-5040

Address: 440 Glenfield Rd, Glenfield

AUCKLAND WEST

CM Dental

Phone: (09) 835-3026

Address: 65 Lincoln Rd, Henderson

Dental Care West

Phone: (09) 818-8855

Address: 190 West Coast Rd, Glen Eden

Dr Anthony Wong's Practice

Phone: (09) 834-6359

Address: 518 Te Atatu Rd, Te Atatu Peninsula

Dr Frank Matheson's Dental Practice

Phone: (09) 818-5350

Address: 5 Glendale Rd, Glen Eden

Dr Reddy & Associates

Phone: (09) 827-1524

Address: 15 Tōtara Ave, New Lynn

First Dental

Phone: (09) 837-2260
Address: Shop 4, 333 Great North Rd,
Henderson

Fraser Dental

Phone: (09) 416-5050
Address: 1 Wiseley Rd, Hobsonville

Guardian Dental

Phone: (09) 429-0599
Address: The Claris Centre, Claris,
Great Barrier Island

Green Bay Dental

Phone: (09) 827-4067
Address: 70 Godley Rd, Green Bay

Henderson Dental Centre

Phone: (09) 837-3663
Address: 361 Great North Rd, Henderson

Huapai Dental Centre

Phone: (09) 412-7851
Address: 250 State Highway 16, Huapai

Kelston Dental Care

Phone: (09) 818-5092
Address: 4 Archibald Rd, Kelston

Kumeu Dental Surgery

Phone: (09) 412-9507
Address: Main Rd, Kumeu

Lincoln Dental Centre

Phone: (09) 837-5599
Address: 10 Woodford Ave, Henderson

Lumino Dental

Phone: (09) 827-1293
Address: 19 Delta Ave, New Lynn

Massey Dental Centre

Phone: (09) 833-9235
Address: 388 Don Buck Rd, Massey

McIntosh Dental Centre

Phone: (09) 837-2598
Address: 43 Lincoln Rd, Henderson

New Lynn Dental Care

Phone: (09) 827-1664
Address: 14 Delta Ave, New Lynn

Peninsula Dental Care

Phone: (09) 834-2228
Address: Unit 4, 382-386 Te Atatu Rd, Te Atatu
Peninsula

Smile Dental Ltd

Phone: 0800 476 453
Address: Whānau Centre, 5 – 8 Pioneer St,
Henderson

Smile Dental Ltd

Phone: 0800 476 453
Address: 202 Edmonton Rd, Te Atatu South

Toothcare West

Phone: (09) 836-5055
Address: Level 1, Lincoln North Centre,
Henderson

Village Dental Care

Phone: (09) 817-8012
Address: 429 Titirangi Rd, Titirangi

West Auckland Mobile Dental Service

Phone: 021 958 259
Visits West Auckland Secondary Schools

Westgate Dental Centre

Phone: (09) 832-2998
Address: 2/20 Fernhill Drive, Massey

West Harbour Dental Centre

Phone: (09) 416-9619
Address: 58 Hobsonville Rd, Hobsonville

AUCKLAND CENTRAL**Andrew W Whillans**

Phone: (09) 630-5736
Address: 84 Mountain Rd, Epsom

Apex Dental

Phone: (09) 379-0149
Address: 7th Floor, Unit B, Lister Building, 9
Victoria St East, Auckland CBD

Avondale Dental Centre

Phone: (09) 828-7484
Address: 72 Rosebank Rd, Avondale

Avondale Dental

Phone: (09) 828-5786
Address: 1962A Great North Rd, Avondale

Balmoral Dental Centre

Phone: (09) 630-0205
Address: 651 Dominion Rd, Balmoral

Baycare Whitecross Dental

Phone: (09) 521-8884
Address: 215 Kepa Rd, Mission Bay

Central Dental Centre Ltd

Phone: (09) 620-8188
Address: 760 Dominion Rd, Mt Roskill

Clive B Ross' Practice

Phone: (09) 366-1322
Address: Quay Towers, Albert St, Auckland CBD



Māori Specific



Pacific Island Specific

Dental Associates Ltd

Phone: (09) 365-1565
 Address: Level 2, Mastercard House,
 136 Customs St West, Auckland CBD

Dental Care Ltd

Phone: (09) 620-8044
 Address: 1480C Dominion Rd, Mt Roskill

Dental Cosmetic

Phone: (09) 529-0600
 Address: 2A/2B Clyde St, Newmarket

Dental On Mt Albert

Phone: (09) 849-2874
 Address: 946 New North Rd, Mt Albert

Dental Today

Phone: (09) 622-0766
 Address: 66 Church St, Onehunga

Devonport Dental

Phone: (09) 445-0097
 Address: 8 Victoria Ave, Devonport

Dominion Road Dental Care

Phone: (09) 638-7927
 Address: 425 Dominion Rd, Mt Eden

Dominion Road Dental Centre

Phone: (09) 629-0494
 Address: 1009A Dominion Rd

Downtown Dental

Phone: (09) 302-0379
 Address: 152 Quay St, Auckland CBD

Dr Kelly's Dental Practice

Phone: (09) 445-4574
 Address: 2A Fleet St, Devonport

Dr Phillip's Dental Surgery

Phone: (09) 636-5293
 Address: 190 The Mall, Onehunga

Dr Reddy & Associates

Phone: (09) 276-2022
 Address: 42 Hall Ave, Otāhuhu

Dr WJ Konings Dental Surgeon

Phone: (09) 620-9559
 Address: 1250 Dominion Rd, Mt Roskill

Eastmed Dental Ltd

Phone: (09) 585-0205
 Address: 188 St Heliers Bay Rd, St Heliers

Ellerslie Highway Dental Centre

Phone: (09) 570-7061
 Address: 439 Ellerslie Panmure Highway,
 Mt Wellington

Epsom Dentists

Phone: (09) 630-6883
 Address: 325 Manukau Rd, Epsom

Freemans Bay Dental Centre

Phone: (09) 361-3610
 Address: 40 College Rd, Freemans Bay

Genesis Dental

Phone: (09) 625-5252
 Address: 641 Manukau Rd, Epsom

Gentle Care Dentist Ltd

Phone: (09) 527-0030
 Address: 70 Queens Rd, Panmure

Glendowie Dental Centre

Phone: (09) 521-2076
 Address: 106 West Tāmaki Rd, Glendowie

Glen Innes Dental Centre

Phone: (09) 528-3434
 Address: 230 Taniwha St, Glen Innes

Glen Innes Dentist Ltd

Phone: (09) 528-9389
 Address: 48 Mayfair Pl, Glen Innes

Jervois Road Dental Centre

Phone: (09) 360-2476
 Address: 139 Jervois Rd, Herne Bay

Joy Family Dental

Phone: (09) 630-8229
 Address: 536 Mt Eden Rd

Keith Nelson & Associates Limited

Phone: (09) 378-0877
 Address: 103 Franklin Rd, Ponsonby

Kohimarama Dental Centre

Phone: (09) 528-7996
 Address: 303C Kapa Rd, Kohimarama

Li & Lawson Dental

Phone: (09) 302-2313
 Address: Ground Floor, 36 Kitchener St,
 Auckland CBD

Lumino Dental

Phone: (09) 361-7159
 Address: 388 Dominion Rd, Mt Eden

Meola Dental

Phone: (09) 849-6910
 Address: 210A Pt Chevalier Rd, Pt Chevalier

Mt Albert Dental Centre

Phone: (09) 846-0658
 Address: 986 New North Rd, Mt Albert

Mt Eden Road Dental Centre

Phone: (09) 638-9574
Address: 931 Mt Eden Rd, Mt Eden

OneHealth Dental Partners Ltd

Phone: (09) 524-8834
Address: 122 Remuera Rd, Remuera

Otāhuhu Budget Dental Care

Phone: (09) 276-5211
Address: 115 Church St, Otāhuhu

Panmure Dentist Ltd

Phone: (09) 570-1764
Address: 176 Queens Rd, Panmure

Phillip Chong Dental

Phone: (09) 620-8066
Address: 377 Mt Albert Rd, Mt Roskill

Ponsonby Dentist

Phone: (09) 361-2060
Address: Level 1, 114 Ponsonby Rd, Ponsonby

Quality Care Group Ltd

Phone: (09) 626-5205
Address: 478A Richardson Rd, Mt Roskill

Ranfurly Dental Care Ltd

Phone: (09) 630-8965
Address: 235 Manukau Rd, Epsom

Remuera Dental Centre

Phone: (09) 524-7429
Address: 351 Remuera Rd, Remuera

Royal Oak Dental Centre

Phone: (09) 625-7069
Address: 792A Manukau Rd, Royal Oak

Sandringham Central Dental Care

Phone: (09) 815-7205
Address: 532 Sandringham Rd, Sandringham

Sandringham Dental Centre

Phone: (09) 846-1703
Address: 575 Sandringham Rd, Sandringham

Smile Dental Ltd

Phone: (09) 525-5743
Address: Shop N219, Sylvia Park Shopping Centre, Mt Wellington

Smile Dental Ltd (Remuera)

Phone: (09) 523-1288
Address: Unit 42, 130 Great South Rd, Remuera

South Auckland A & E Dental Unit

Phone: (09) 270-0200
Address: 15-23 Station Rd, Otāhuhu

The Dentists

Phone: (09) 625-1411
Address: 150 Hillsborough Rd, Hillsborough

Three Kings Dental Centre

Phone: (09) 625-7175
Address: 536 Mt Albert Rd, Three Kings Plaza

Waiheke Dental Centre Ltd

Phone: (09) 372-7422
Address: 2 Pūtiki Rd, Ostend, Waiheke

AUCKLAND SOUTH

A+ Dentists

Phone: (09) 534-7916
Address: 4 Fencible Drive, Howick

Ace Dental Centre

Phone: (09) 273-3903
Address: Unit A5, 30 – 50 Springs Rd, East Tāmaki

Advanced Dental Care

Phone: (09) 266-6423
Address: 7 Hill Rd, Manurewa

Anthony Hunt Dental

Phone: (09) 292-9071
Address: 52 Papakura-Clevedon Rd, Papakura

AUT Oral Health Clinic

Phone: (09) 921-9263
Address: 225 Buckland Rd, Mangere

Botany South Dental

Phone: (09) 271 0008
Address: Unit 24, 15 Bishop Lenihan Pl, Botany

Browns Road Dental Centre

Phone: (09) 267-9619
Address: Unit 5/235 Browns Rd, Manurewa

Chapel Park Dental

Phone: (09) 272-8488
Address: 140 Chapel Rd, Flat Bush

Clendon Dental Care Ltd

Phone: (09) 266-0769
Address: Clendon Medical Centre, 15 Palmers Rd, Manurewa West

Dannemora Dental Centre Ltd

Phone: (09) 274-3305
Address: 1 Redcastle Drive, Dannemora

Dental World

Phone: (09) 296-6015
Address: Selwyn Centre, 182 Great South Rd, Papakura



Denture Designs

Phone: (09) 277-6644

Address: 574 Great South Rd, Manukau City

Dr Jim Innes Practice

Phone: (09) 298-7501

Address: 7 O'Shannessey St, Papakura

Dr Yagot's Dental Surgery

Phone: (09) 278-3430

Address: 68 St George St, Papatoetoe

Drury Dental Centre

Phone: (09) 294-7761

Address: 217 Great South Rd, Drury

Everglade Dental Centre

Phone: (09) 262-3074

Address: 77C Everglade Drive, Manurewa

Frank Dental Ltd

Phone: (09) 265-0085

Address: 2/123 Ormiston Rd, Botany Downs

Griffin Dental World

Phone: (09) 277-6602

Address: 137 Kolmar Rd, Papatoetoe

Guardian Dental

Phone: (09) 279-4716

Address: 141 Great South Rd, Papatoetoe

Hill Park Dental

Phone: (09) 268-9543

Address: 32A Dennis Ave, Manurewa

Howick Dental Surgery

Phone: (09) 534-7465

Address: 6 Walter MacDonald St, Howick

Howick Village Dental Centre

Phone: (09) 534-8052

Address: 13 Cook St, Howick

Hunter's Corner Prime Care Dental

Phone: (09) 278-5635

Address: 185 Great South Rd, Papatoetoe

Kilimanjaro Dental Centre

Phone: (09) 534-2664

Address: 60 Kilimanjaro Drive, Howick

Loudon Dental Group

Phone: (09) 267-8033

Address: 4 Halver Rd, Manurewa

Lumino Dental

Phone: (09) 537-0768

Address: Unit C, 12 Amera Pl, Botany Downs

M Macleans Dentists

Phone: (09) 534-0504

Address: 219 Bucklands Beach Rd,
Bucklands Beach**Mahu Dental** *(in association with
Raukura Hauora o Tainui)*

Phone: (09) 268-2266

Address: Trust Health Care, Cnr Halver Rd
& Hill Rd**Mangere Dental Centre**

Phone: (09) 275-7754

Address: Mangere Town Centre,
Bader Drive, Mangere**Manukau Accident & Medical**

Phone: 0800 2622208

Address: 11E Bakerfield Pl, Manukau

Manurewa Dental Centre

Phone: (09) 267-3861

Address: 178 Great South Rd, Manurewa

Marina Dentists Ltd

Phone: (09) 535-1074

Address: Anchor Building, 1 Ara Tai Drive,
Bucklands Beach**Mighty Mouth Dental***(Chapel Downs Medical Centre)*

Phone: (09) 274-0330

Address: 124 Dawson Rd, East Tāmaki

Mighty Mouth Dental*(Mangere Health Centre)*

Phone: (09) 275-6105

Address: 6 Waddon Pl, Mangere

Ormiston Dental Centre

Phone: (09) 272-8178

Address: Ormiston Hospital, Level 2,
125 Ormiston**Otara Dental Centre**

Phone: (09) 274-9451

Address: 160C Bairds Rd, Otara

Pacifica Dental

Phone: (09) 269-7074

Address: 147 Great South Rd, Manurewa

Pakuranga Dental Surgery

Phone: (09) 576-6720

Address: 175 Pakuranga Rd, Pakuranga

Papatoetoe Dental Centre

Phone: (09) 278-4830

Address: 375 Great South Rd, Papatoetoe

Primecare Dental Ltd

Phone: (09) 535-9529
Address: 5 Avimore Drive, Highland Park

Pukekohe Dental Ltd

Phone: (09) 238-6490
Address: 190 King St, Pukekohe

Queen Street Dental

Phone: (09) 238-8343
Address: 131 Queen St, Pukekohe

Sanctuary Dental Ltd

Phone: (09) 273-2173
Address: Unit 20, 2 Bishop Dunn Pl, Flat Bush

Selwyn House Dental

Phone: (09) 534-2614
Address: 16 Selwyn Rd, Howick

Smile Dental Ltd

Phone: (09) 534-2800
Address: 1/119D Meadowland Dr, Sommerville

Smile Dental Ltd (Manukau)

Phone: 0800 476 453
Address: 18 Wiri Station Rd, Manukau City

Smile Dental Ltd (Papakura)

Phone: (09) 299-8817
Address: 79-85 Great South Rd, Papakura

Southern Care Dental

Phone: (09) 215-2030
Address: 652 Great South Rd, Manukau City

Takanini Dental Care

Phone: (09) 296-2636
Address: 106 Great South Rd, Takanini

The Dental Company

Phone: (09) 238-0438
Address: 11 West St, Pukekohe

The Dentists (East Tāmaki) Ltd

Phone: (09) 274-0650
Address: 20A Arwen Pl, East Tāmaki

The Dentist (Pukekohe) Limited

Phone: (09) 238-4619
Address: 166 King St, Pukekohe

Ti Rakau Dental Centre

Phone: (09) 273-8911
Address: 124 Dawson Rd, East Tāmaki

Trevor Stevens Dental Surgery

Phone: (09) 298-5164
Address: 70 Wood St, Papakura

Tuakau Dental Centre

Phone: (09) 237-8150
Address: 7/53 George St, Tuakau

Waiuku Dental Centre

Phone: (09) 235-8412
Address: Unit 2, 26-30 Constable Rd, Waiuku

Wallwork & Wright Dental Ltd

Phone: (09) 298-5124
Address: 21-23 Elliot St, Papakura

Wilson & Denic Dental

Phone: (09) 534-3214
Address: 126 Picton St, Howick

Adult Dental Services

The following providers of dental services offer low cost pain relief to adults for dental conditions.

AUCKLAND NORTH

Auckland DHB Oral Health Services

Phone: (09) 630-9943 Ext. 26320
Address: Greenlane Clinical Centre, 214 Greenlane West, One Tree Hill

M Te Puna Hauora o Te Raki Paewhenua

Phone: (09) 489-3049 Ext. 226
Address: 58a Akoranga Drive, Northcote
Web: www.tepuna.org.nz

AUCKLAND WEST

Auckland DHB Oral Health Services

Phone: (09) 630-9943 Ext. 26320
Address: Greenlane Clinical Centre, 214 Greenlane West, One Tree Hill

Smile Dental (located at Whānau Centre, Te Whānau o Waipareira)

Phone: 0800 4 SMILE (0800 4 76453)
Address: Whānau Centre, Cnr Edsel & Catherine Streets, Henderson
Email: info@smiledental.co.nz

AUCKLAND CENTRAL

Auckland DHB Oral Health Services

Phone: (09) 630-9943 Ext. 26320
Address: Greenlane Clinical Centre, 214 Greenlane West, One Tree Hill



Māori Specific



Pacific Island Specific

The Peoples Centre

Phone: (09) 302-2496
Address: 33 Wyndham St, Auckland CBD
Web: www.peoplescentre.co.nz

AUCKLAND SOUTH

Auckland DHB Oral Health Services

Phone: (09) 276-0145
Address: Middlemore Hospital, Hospital Rd,
Otahuhu

Auckland DHB Oral Health Services

(Southern Cross Campus)
Phone: (09) 268-2266
Address: 225 Buckland Rd, Mangere

M Mahu Dental *(in association with Raukura
Hauora o Tainui)*

Phone: (09) 275-7830
Address: Trust Healthcare, 7 Hill Rd, Manurewa

The Peoples Centre

Phone: 0800 4 PEOPLE (0800 473 6753)
Address: 7 Halver Rd, Manurewa
Web: www.peoplescentre.co.nz

NOTES

Well Child Services – Tamariki Ora

Well Child/Tamariki Ora services are free to all New Zealand children from birth to 5 years of age. Children are entitled to 11 free visits. These visits, along with other Well Child/Tamariki Ora services, aim to give children the best start in life by protecting against illness, detecting problems early and providing support to parents and families.

For further information on Well Child services go to www.wellchild.org.nz or ring PlunketLine on 0800 933 922.

AUCKLAND NORTH

Plunket

Phone: 0800 933 922
Address: Ring PlunketLine or go to their website to find a Plunket nurse nearest to you.
Web: www.plunket.org.nz

M Te Puna Hauora o Te Raki Paewhenua

Phone: (09) 489-0181
Address: 58a Akoranga Drive, Northcote
Web: www.tepuna.org.nz

AUCKLAND WEST

Plunket

Phone: 0800 933 922
Address: Ring PlunketLine or go to their website to find a Plunket nurse nearest to you.
Web: www.plunket.org.nz

M Te Whānau o Waipareira Trust

Phone: (09) 836-6683 or 0800 924 942
Address: Whānau House, 6 – 8 Pioneer St, Henderson
Web: www.waipareira.com

P West Fono Health Trust

Phone: (09) 837-1780
Address: 411 Great North Rd, Henderson
Web: www.westfono.co.nz

AUCKLAND CENTRAL

P Health Star Pacific Trust

Phone: (09) 527-2300
Address: 136 Queens Rd, Panmure, Auckland
Email: office@healthstarpacific.co.nz

P Tongan Health Society (Langimalie)

Phone: (09) 636-3629
Address: 29 Hill St, Onehunga

M Ngāti Whātua o Ōrākei Health Services

Phone: (09) 578-0941 Ext. 1
Address: 230 Kupe St, Ōrākei
Web: www.orakeihealth.org.nz

Plunket

Phone: 0800 933 922
Address: Ring PlunketLine or go to their Web: to find a Plunket nurse nearest to you.
Web: www.plunket.org.nz

AUCKLAND SOUTH

M Papakura Marae

Phone: (09) 298-3877
Address: 29 Hunua Rd, Papakura
Web: www.papakuramarae.co.nz

Plunket

Phone: 0800 933 922
Address: Ring PlunketLine or go to their Web: to find a Plunket nurse nearest to you.
Web: www.plunket.org.nz

M Raukura Hauora o Tainui

Phone: (09) 263-8040
Address: 47 Druces Rd, Wiri
Web: www.raukura.org.nz

P South Seas Healthcare Trust

Phone: (09) 278-2694
Address: Level 1, 31 East Tāmaki Rd, Papatoetoe
Web: www.southseas.org.nz



Māori Specific



Pacific Island Specific

Sexual Health Services

Sexual health services provide birth control advice, education and products, as well as a range of advice, education and treatment for sexually transmitted diseases. Your local medical centre or GP can also provide advice, education and treatment regarding birth control and sexually transmitted diseases.

AUCKLAND NORTH

Family Planning - Orewa

Phone: (09) 486-1014
Address: 214 Hibiscus Highway, Orewa
Web: www.familyplanning.org.nz

Family Planning - Takapuna

Phone: (09) 486-1014
Address: 15 Anzac St, Takapuna
Web: www.familyplanning.org.nz

North Shore Sexual Health Service – Auckland District Health Board

Phone: 0800 73 94 32 or
(09) 443-9580 or (09) 307-2800
Address: 418 Glenfield Rd, Glenfield

AUCKLAND WEST

Family Planning - Henderson

Phone: (09) 836-0026
Address: Level 2, 6 Alderman Drive, Henderson
Web: www.familyplanning.org.nz

West Auckland Sexual Health Services – Auckland District Health Board

Phone: 0800 73 94 32 or (09) 836-0838
Address: Westpac House, 362 Great North Rd, Henderson

AUCKLAND CENTRAL

Auckland Sexual Health Service – Auckland District Health Board

Phone: 0800 73 94 32 or (09) 630-9770
Address: Building 7, Level 3, Greenlane Clinical Centre, Greenlane West Road, One Tree Hill

Family Planning - Highland Park

Phone: (09) 263-7600
Address: 47 Aviemore Drive, Highland Park
Web: www.familyplanning.org.nz

Family Planning - Wesley

Phone: (09) 836-0026
Address: 740 Sandringham Rd Extn, Mt Roskill
Web: www.familyplanning.org.nz

Family Planning - Newmarket

Phone: (09) 524-3341
Address: Level 2, 5 Short St, Newmarket
Web: www.familyplanning.org.nz

Family Planning - Panmure

Phone: (09) 570-9871
Address: C.A.B, 1 Pilkington Rd, Panmure
Web: www.familyplanning.org.nz

AUCKLAND SOUTH

Family Planning - Manukau

Phone: (09) 263-7600
Address: Level 3, Westfield Shopping Centre, Manukau City
Web: www.familyplanning.org.nz

Family Planning - Papakura

Phone: (09) 298-4608
Address: Trust Arcade, 169 Great South Rd, Papakura
Web: www.familyplanning.org.nz

South Auckland Sexual Health Clinic – Auckland District Health Board

Phone: 0800 73 94 32 or (09) 255-5172
Address: 12 Waddon Pl, Mangere

Te Kaha o te Rangatahi Trust

Phone: (09) 267-6300
Address: 11 Dalgety Drive, Wiri
Web: www.tekaha.co.nz

Cancer Screening and Support Services

New Zealand's free national breast screening programme checks women for signs of early breast cancer. Regular mammograms are available for women aged between 45 and 69 to reduce their risk of dying of breast cancer. Women should be screened for breast cancer at least once every two years. To find out how to enrol or to contact your nearest breast screening unit, phone 0800 27 02 00.

New Zealand's free national cervical screening checks women for early signs of cervical cancer. Cervical screening is available to women aged between 20 and 70 years old. Women should be screened for cervical cancer at least once every three years. Cervical screening is available from your local medical centre or GP.

There are also services available to support individuals diagnosed with cancer and their whānau. These services are also listed below.

AUCKLAND WIDE

Breast Cancer Support

Free Phone: 0800 27 32 22

Email: support@breastcancersupport.co.nz

Web: www.breastcancersupport.co.nz

Cancer Voices NZ

Free Phone: 0800 65 53 55 or 027 246 6655

Email: info@cancervoices.org.nz

Web: www.cancervoices.org.nz

CanTeen

Phone: 0800 22 68 336 or (09) 303-4444

Address: 111 Grafton Rd, Grafton

Email: info@canteen.org.nz

Web: www.canteen.org.nz

Child Cancer Foundation

Phone: 0800 42 44 53 or (09) 366-1270

Address: 76 Grafton Rd, Grafton

Email: info@childcancer.org.nz

Web: www.childcancer.org.nz

Well Women & Family Trust (WONS)

Phone: (09) 846-7886 Ext. 0

Address: Mobile services

Web: www.wons.org.nz

Mammography screening is provided by a mobile screening unit which visits a variety of locations in Auckland. The mobile screening unit schedule is available by phoning WONS or checking their Web. Free screening is provided to women over 30 years of age who have not been screened in the last five years.

AUCKLAND NORTH

Breastscreen Waitemata Northland

Phone: 0800 27 02 00 or (09) 484-0200

Address: Takapuna Clinic, 2 Pupuke Rd, Takapuna (Mam*ography Screening Unit)

Email: enrolments@BSWN.govt.nz

Mammography screening is also provided by a mobile screening unit which visits a variety of locations on the North Shore and Rodney. The mobile screening unit schedule is available by phoning 0800 27 02 00.

Hibiscus Hospice

Phone: (09) 421-9180

Address: 2a John Dee Crescent, Red Beach

Email: admin@hchospice.org.nz

Web: www.hibiscushospice.org.nz

Hospice Warkworth/Wellsford

Phone: (09) 425-9535

Address: 51 Woodcock Rd, Warkworth

Email: admin@hospicehouse.org.nz

North Shore Hospice

Phone: (09) 486-1688

Address: 7 Shea Terrace, Takapuna

Email: sam.held@nshospice.org.nz

Web: www.nshospice.org.nz

M Te Puna Hauora o Te Raki Paewhenua

Phone: (09) 489-8349

Address: 58a Akoranga Drive, Northcote

Email: northcotereception@tepuna.org.nz

Web: www.tepuna.org.nz



Māori Specific



Pacific Island Specific

AUCKLAND WEST

Breastscreen Waitemata Northland

Phone: 0800 27 02 00 or (09) 484 0200
 Address: Waitakere Clinic, Waitakere Hospital, Entrance off Woodford Ave, Henderson (Mammography Screening Unit)
 Email: enrolments@BSWN.govt.nz

Mammography screening is also provided by a mobile screening unit which visits a variety of locations in Waitakere and Kaipara. The mobile screening unit schedule is available by phoning 0800 27 02 00.

Hospice West Auckland

Phone: (09) 834-9755
 Address: 52 Beach Rd, Te Atatu Peninsula
 Email: karent@hwa.org.nz
 Web: www.hwa.org.nz

M Te Whānau o Waipareira Trust

Phone: 0800 92 49 42 or (09) 836-6683
 Address: 6-8 Pioneer St, Henderson (Level 2, Whānau House)
 Email: administration@waiwhanau.com
 Web: www.waipareira.com

AUCKLAND CENTRAL

Amitabha Hospice Services

Phone: (09) 828-3321 or 027 777 6980
 Address: 44 Powell St, Avondale
 Email: office@amitabhahospice.org
 Web: www.amitabhahospice.org

Breast Cancer Aotearoa

Phone: (09) 925-7199 or 021 990 244
 Email: bcac@breastcancer.org.nz
 Web: www.breastcancer.org.nz

Breastscreen Auckland Ltd

Phone: 0800 27 02 00 (Option 2) or (09) 522-4765
 Address: 1 MacMurray Rd, Remuera (Mammography Screening Unit)

Mammography screening is also provided by a mobile screening unit which visits a variety of locations in Auckland Central. The mobile screening unit schedule is available by phoning 0800 27 02 00.

Cancer Society of NZ

Phone: 0800 22 62 37 or (09) 308-0160
 Address: 1 Boyle Crescent, Grafton
 Email: info@akcansoc.org.nz
 Web: www.cancernz.org.nz

Dove House Eastern Bays Hospice Trust

Phone: (09) 575-4555
 Address: 207a Riddell Rd, Glendowie
 Email: admin@ebhospice.org.nz or support@ebhospice.org.nz
 Web: www.ebhospice.org.nz

Leukaemia & Blood Foundation

Phone: 0800 15 10 15 or (09) 638-3556
 Address: 6 Claude Rd, Epsom
 Email: info@leukaemia.org.nz
 Web: www.leukaemia.org.nz or www.lifebloodlive.org.nz

Mercy Hospice

Phone: (09) 361-5966
 Address: 61 College Hill, Ponsonby
 Email: admin@mercyhospice.org.nz
 Web: www.mercyhospice.org.nz

Waiheke Homecare Hospice

Phone: (09) 372-7131
 Address: 42 Wharf Rd, Ostend, Waiheke Island
 Email: waihekehospice@extra.co.nz

AUCKLAND SOUTH

Breastscreen Counties Manukau

Phone: 0800 27 02 00 or (09) 250-8000
 Address: **Mammography Screening Unit**
 Manukau Super Clinic, 901 Great South Rd, Manurewa
Mammography Screening Unit
 260 Botany Rd, Botany Downs
Mammography Screening Unit
 18 Fencible Dr, Howick
Mammography Screening Unit
 Mangere Community Health,
 10 Waddon Pl, Mangere
Mammography Screening Unit
 59c East Tamaki Rd, Papatoetoe
Mammography Screening Unit
 10 West St, Pukekohe
 Email: bscm@middlemore.co.nz

Mammography screening is also provided by a mobile screening unit which visits a variety of locations in the Counties Manukau region. The mobile screening unit schedule is available by phoning 0800 27 02 00.

M

Phone:

Address:

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Address:

Email:

NO

Alcohol and Drug Addiction Services

AUCKLAND WIDE

Alcohol and Drug Helpline

Free Phone: 0800 78 77 97

Email: info@alcoholdrughelp.org.nz

AUCKLAND NORTH

Community Alcohol & Drugs Service (CADS) - North

Phone: (09) 488-2701,

Address: 14 Como St, Takapuna

Web: www.cads.org.nz

DARE Rodney

Phone: (09) 427-9816

Web: www.dare.org.nz

Foundation of Alcohol & Drug Education

Phone: (09) 444-1705 or 027 477 7114

Address: 3 William Laurie Pl, Albany

Email: colin@fade.org.nz

Web: www.fade.org.nz

M Te Ātea Marino ki te Raki - North

Phone: 0800 62 74 66 or (09) 487-1497

Address: LGF, Maurea Waimarie Building, 44 Taharoto Rd, Takapuna

M Te Puna Hauora o Te Raki Paewhenua

Phone: (09) 489-8349

Email: northcotereception@tepuna.org.nz

Address: 58a Akoranga Drive, Northcote

AUCKLAND WEST

Community Alcohol & Drugs Service

(CADS) - West

Phone: (09) 837-9400,

Address: 1st Floor, 1 Trading Pl, Henderson

Web: www.cads.org.nz

Higher Ground Drug Rehabilitation Trust (Residential)

Phone: (09) 834-0017

Address: 118 Beach Rd, Te Atatu

Email: pam@higherground.org.nz

Salvation Army - Waitakere

Phone: (09) 837-4471

Address: 7-9 View Rd, Henderson

Email: waitakerecentral_corps@nzf.salvationarmy.org.nz

Web: www.salvationarmy.org.nz

M Te Ātea Marino ki te Uru - West

Phone: 0800 62 74 66 or (09) 822-8555

Address: 33-37 Paramount Drive, Henderson

M Te Whānau o Waipareira Trust

Phone: (09) 836-6683

Address: Level 2, Whānau House, 6-8 Pioneer St, Henderson

Email: administration@waiwhanau.com

Web: www.waipareira.com

AUCKLAND CENTRAL

Adio Trust - Needle/Syringe Exchange Programme

Phone: (09) 356-7373

Address: 10 East St, Auckland

Email: adio@ihug.co.nz

Alcohol Anonymous Auckland

Phone: 0800 22 96 757 or (09) 366-6688

Address: Level 2, 72 Pitt St, Auckland CBD

Email: aaauckland@extra.co.nz

Altered High Youth Services CADS Auckland

Phone: (09) 845-1893

Address: Level 2, 409 New North Rd, Kingsland

Email: alteredhigh@extra.co.nz

Web: www.cads.org.nz

Auckland City Mission

Phone: (09) 303-9200

Address: 140 Hobson St, Auckland CBD

Email: info@aucklandcitymission.org.nz

Web: www.aucklandcitymission.org.nz

Community Alcohol & Drugs Service (CADS) - Central

Phone: (09) 845-1800,
Address: 1st Floor, 409 New North Rd,
Kingsland
Web: www.cads.org.nz

Epson Lodge (Salvation Army, Residential)

Phone: (09) 524-0252
Address: 18 Margot St, Epsom
Web: www.salvationarmy.org.nz

Narcotics Anonymous

Free Phone: 0800 62 86 32
Email: pr@nzna.org.nz
Web: www.nzna.org.nz

Odyssey House (Residential, Adult & Young Adults)

Phone: (09) 638-4957
Address: First Floor, 110 Mt Eden Rd, Auckland
Email: admissions@odyssey.org.nz
Web: www.odyssey.org.nz

P Pacific Island Drug & Alcohol Services (PIDAS)

Mobile: 021 300 736
Email: ettanoi@gmail.com

M Piritahi Hauora

Phone: (09) 372-0022
Address: 53 Tahatai Rd, Blackpool,
Waiheke Island
Email: piritahihauora@xtra.co.nz

Salvation Army Bridge Programme

Phone: (09) 630-1491
Address: 15 Ewington Ave, Mt Eden
Email: akbridge@xtra.co.nz
Web: www.sab.org.nz

Social Detoxification Services – Auckland City Mission

Phone: (09) 303-3016
Address: 203 Federal St, Auckland CBD
Email: detox@aucklandcitymission.org.nz

Substance Abuse Education Trust

Phone: (09) 372-5583
Email: sae@xtra.co.nz

M Te Ātea Marino ki te Rāwhiti – Central

Phone: 0800 62 74 66 or (09) 263-2042
Address: Pitman House, 50 Carrington Rd,
Point Chevalier

TRANX Drug & Alcohol Services

Phone: (09) 356-7305
Address: Level 2, 203 Karangahape Rd, Newton
Email: tranx@tranx.org.nz
Web: www.tranx.org.nz

Wings Trust

Phone: (09) 815-1631 or 027 446 5476
Address: 43 Walters Rd, Mt Eden
Email: jill@wingstrust.co.nz
Web: www.wingstrust.co.nz

AUCKLAND SOUTH

CareNZ

Phone: 0800 68 24 68 or
(09) 276-7193 or (09) 276-7192
Address: Level 1, 269 St George St, Papatoetoe
Email: auckland@carenz.co.nz
Web: www.carenz.co.nz

Community Alcohol & Drugs Service (CADS) - South

Phone: (09) 263-2000,
Address: Building 4, 17 Lambie Drive,
Manukau City
Web: www.cads.org.nz

DARE Counties Manukau

Phone: (09) 295-0342
Address: 64 Wood St, Papakura
Web: www.dare.org.nz

M Raukura Hauora o Tainui

Phone: (09) 263-8040
Address: 47 Druces Rd, Manukau
Email: enquiries@rauakura.org.nz
Web: www.raukura.org.nz

M Te Ātea Marino ki te Tonga – South

Phone: 0800 62 74 66 or (09) 263-2042
Address: Building 4, 17 Lambie Drive, Manukau

Waiuku Family Support Network

Phone: (09) 235-9099 or (09) 235-9089
Address: 56 Queen St, Waiuku
Email: wfsn@xtra.co.nz

Smoking Cessation Services

Brief advice and support to stop smoking (such as nicotine patches and gum) can be accessed from your local medical clinic or GP. More intensive support to stop smoking can be accessed from the providers below.

AUCKLAND WIDE

Quitline

Phone: 0800 778 778
Web: www.quit.org.nz

SmokeStop

Phone: 0508 766 537 or
(09) 529-0316
Web: www.smokestop.co.nz

AUCKLAND NORTH

P Auckland Regional Public Health Service - Pacific Smokefree Service

Phone: 0800 TO QUIT - 0800 867 848
Email: pacificquit@adhb.govt.nz

M Te Hā Oranga – Te Rūnanga o Ngāti Whātua (Wellsford)

Phone: (09) 423-6091
Address: 158 Rodney St, Wellsford
Email: jeanetten@teha.co.nz

Waitemata DHB Pregnancy Smoking Cessation Service

Phone: (09) 414-6761 or
021 615 447 (English)
(09) 440-5210 or
021 400 793 (Māori)
(09) 414-6767 or
021 249 0874 (Samoan)
(09) 414-6764 or
021 249 0365 (Tongan)

AUCKLAND WEST

P Auckland Regional Public Health Service - Pacific Smokefree Service

Phone: 0800 TO QUIT - 0800 867 848
Email: pacificquit@adhb.govt.nz

M Ngāti Whātua o Ōrākei Health Services

Phone: (09) 578-0941
Address: 272 Apirana Ave, Glen Innes
Web: www.orakeihealth.org.nz

M Te Hā Oranga – Te Rūnanga o Ngāti Whātua (Helensville)

Phone: (09) 420-8523
Address: 98 Commercial Rd, Helensville
Email: maramap@teha.co.nz

Waitemata DHB Pregnancy Smoking Cessation Service

Phone: (09) 414-6761 or
021 615 447 (English)
(09) 440-5210 or
021 400 793 (Māori)
(09) 414-6767 or
021 249 0874 (Samoan)
(09) 414-6764 or
021 249 0365 (Tongan)

AUCKLAND CENTRAL

ASH Action on Smoking & Health

Phone: (09) 520-4866
Address: Ground Floor, 19 Mauranui Ave,
Epsom
Email: ashnz@ash.org.nz
Web: www.ash.org.nz

Auckland DHB Smokefree Services (includes smokefree pregnancy services)

Phone: (09) 307-4949 (Ext 26577)
Address: Building 14, Level 3, Greenlane
Clinical Centre, Greenlane West,
One Tree Hill
Email: smokefree@adhb.govt.nz
Web: www.adhb.govt.nz

P Auckland Regional Public Health Service - Pacific Smokefree Service

Phone: 0800 TO QUIT - 0800 867 848
Email: pacificquit@adhb.govt.nz

Mental Health Support Services

Support with mild mental health conditions (such as early depression) can be accessed from your local medical centre or GP who can also refer you to more intensive support options if needed. There are also telephone services available (listed below) that can provide assistance to access the right level of care. Other providers listed provide more intensive community based support and residential support.

AUCKLAND WIDE

Challenge Trust

Phone: (09) 265-3243 or 027 562 3806
Address: 320 Ti Rakau Drive, Burswood
Web: www.challenge.co.nz

Community Assessment & Treatment Team

(Crisis Intervention Services)

Free Phone: 0800 80 07 17

Depression Helpline

Free Phone: 0800 11 17 57
Email: admin@depression.org.nz
Web: www.depression.org.nz

Framework

Phone: (09) 523-2790
Address: Ground Floor, 57 Market Rd, Epsom
Email: reception@framework.org.nz
Web: www.framework.org.nz

GROW New Zealand – National Office

Phone: (09) 846-6869
Address: 97 St Lukes Rd, Sandringham
Email: national@grow.org.nz

Mental Health Foundation NZ - Auckland

Phone: (09) 300-7010 or (09) 300-7030
Address: 81 New North Rd, Eden Terrace
Email: info@mentalhealth.org.nz

Richmond New Zealand Trust

Phone: (09) 847-9156
Address: 103 Richardson Rd, Mt Albert
Email: northern@richmond.org.nz
Web: www.richmondnz.org/

The Phobic Trust of New Zealand

Phone: 0800 14 ANXIETY or (09) 846-9776
Address: 77 Morningside Drive, St Lukes

Youthline

Phone: 0800 37 66 33
Free Text: 234
Email: talk@youthline.co.nz

AUCKLAND NORTH

Community Mental Health Team (Waitemata DHB)

Phone: (09) 487-1414 or (09) 487-1400
Address: 44 Taharoto Rd, Takapuna
(North Shore Hospital)

Equip

Phone: (09) 477-0338
Address: 550 East Coast Rd, Mairangi Bay
(Windsor Park Centre)
Email: operations@equip.net.nz

P Isa Lei - Pacific Island Community Mental Health Services (Waitemata DHB)

Phone: (09) 822-8750 or (09) 822-8777
Address: 33 – 37 Paramount Drive, Henderson
Email: josalina.silimaka@waitematadhb.govt.nz

Mental Health Services for Older People

(Over 65) (Waitemata DHB)
Phone: (09) 486-8900
Address: Ground Floor, North Shore Hospital,
Shakespeare Rd, Takapuna

Marinoto Child and Youth Mental Health Services – North Child Team (Waitemata DHB)

Phone: 0800 48 95 55
Address: 124a Shakespeare Rd, Takapuna

Marinoto Child and Youth Mental Health Services – North Youth Team (Waitemata DHB)

Phone: 0800 48 95 55
Address: Pupuke Building, North Shore
Hospital, Shakespeare Rd, Takapuna

MOKO Services North – Māori Mental Health (Waitemata DHB)

Phone: (09) 487-1497
Address: Lower Ground Floor, 44 Taharoto Rd,
Takapuna

Raeburn House – North Shore Community

Health Network

Phone: (09) 441-8989
Address: 138 Shakespeare Rd, Takapuna
Email: info@raeburnhouse.org.nz
Web: www.raeburnhouse.org.nz

M Te Puna Hauora o Te Raki Paewhenua

Phone: (09) 489-8349
Address: 58a Akoranga Drive, Northcote
Email: northcotereception@tepuna.org.nz

AUCKLAND WEST

Dayspring Trust

Phone: (09) 827-6321 or 027 417 8801
Address: 2 Seabrook Ave, New Lynn
(Old New Lynn School Building)
Email: dayspring@extra.co.nz
Web: www.dayspring.co.nz

P Isa Lei - Pacific Island Community Mental Health Services (Waitemata DHB)

Phone: (09) 822-8750 or (09) 822-8777
Address: 33 - 37 Paramount Drive, Henderson
Email: josalina.silimakaka@waitematadhb.govt.nz

Marinoto Child and Youth Mental Health Services – West Child Team (Waitemata DHB)

Phone: 0800 80 07 17
Address: Child Health Unit, Waitakere Hospital,
55 - 75 Lincoln Rd, Henderson

Marinoto Child and Youth Mental Health Services – West Youth Team (Waitemata DHB)

Phone: 0800 80 07 17
Address: 33 - 37 Paramount Drive, Henderson

Mental Health Services for Older People (Over 65) (Waitemata DHB)

Phone: (09) 837-9100
Address: Level 3, Snelgar Building,
Waitakere Hospital,
55 - 75 Lincoln Rd, Henderson

Mind and Body Consultants Ltd - West

Phone: (09) 838-3204
Address: 6B Montel Ave, Henderson
Email: admin@mindandbody.co.nz
Website: www.mindandbody.co.nz

M MOKO Services West – Māori Mental Health (Waitemata DHB)

Phone: (09) 822-8555
Address: 33 - 37 Paramount Drive, Henderson

Te Ata West Auckland Mental Health

Phone: (09) 837-0671
Address: H2 & H3, 52 Keeling Rd, Henderson

M Te Kōtuku ki te Rangi

Phone: (09) 820-0045
Address: 2/40 Copsey Pl, Avondale
Email: reception@tekotuku.co.nz

M Te Whānau o Waipareira Trust

Phone: (09) 836-6683
Address: Level 2, Whānau House, 6-8 Pioneer St,
Henderson
Email: administration@waiwhanau.com
Web: www.waipareira.com

WALSH Trust

Phone: (09) 837-5240
Address: 8 Hickory Ave, Henderson
Email: reception@walsh.org.nz
Web: www.walsh.org.nz

AUCKLAND CENTRAL

Affinity Services

Phone: (09) 531-4040
Address: Level 1, 300 Great South Rd,
Greenlane
Web: www.affinityservices.co.nz

Cornwell House Community Mental Health Service (Auckland DHB)

Phone: (09) 623-5780 or 021 241 8301
Address: Greenlane Clinical Centre,
214 Green Lane Rd West,
One Tree Hill
Email: gareths@adhb.govt.nz

Crossroads Clubhouse

Phone: (09) 376-4267
Address: 393 Great North Rd, Grey Lynn
Email: adminclubhouse@vodafone.co.nz

Lifeline Aotearoa Suicide Prevention Education

Phone: (09) 909-9211
Address: 95 Great South Rd, Remuera
Email: spe@lifeline.org.nz



Māori Specific



Pacific Island Specific

P Lotofale - Pacific Mental Health Service
(Auckland DHB)

Phone: (09) 623-4689 or after hours
crisis line 0800 80 07 17
Address: LGF, Cornwall Complex,
Greenlane Clinical Centre,
Greenlane Rd West, One Tree Hill
Email: snesi@adhb.govt.nz

M Mahitahi Trust

Phone: (09) 258-5900
Address: 10-14 Park Ave, Otāhuhu
Email: enquiries@mahitahi.co.nz

Manaaki House Community Mental Health Centre (Auckland DHB)

Phone: 0800 80 07 17 or (09) 570-6519
Address: 15 Pleasant View Rd, Panmure

M Manawanui Oranga Hinengaro
(Auckland DHB)

Phone: (09) 845-3084
Address: 11 Sutherland Rd, Point Chevalier

Maternal Mental Health Team
(Auckland DHB)

Phone: (09) 630-9943 Ext. 4454
Address: GF, Building 14,
Greenlane Clinical Centre,
Greenlane West Rd, One Tree Hill
Email: maternalmh@adhb.govt.nz

Mind and Body Consultants Ltd - Central

Phone: (09) 630-5909
Address: 395A Manukau Rd, Epsom
Email: admin@mindandbody.co.nz
Website: www.mindandbody.co.nz

St Lukes Community Mental Health Centre
(Auckland DHB)

Phone: 0800 80 07 17 or (09) 845-0940
Address: 615 New North Rd, Morningside

Supporting Families in Mental Illness
(SFNZ – Auckland)

Phone: 0800 73 28 25 or (09) 378-9134
Address: 423 Great North Rd, Grey Lynn
Email: admin@sfauckland.org.nz

Taylor Centre Community Mental Health Centre (Auckland DHB)

Phone: (09) 376-1054
Address: 308 Ponsonby Rd, Ponsonby

P Vaka Tautua

Phone: (09) 589-1922
Address: Wella Building, Level 3,
15 Sultan St, Ellerslie
Email: info@vakatautua.co.nz

AUCKLAND SOUTH

Awhinatia Health (Counties Manukau DHB)

Phone: (09) 295-1200
Address: 5-19 Great South Rd, Papakura

P Faleola Services - Pacific Mental Health Services (Counties Manukau DHB)

Phone: (09) 270-9994
Address: The Cottage, 24 Station Rd, Otāhuhu
Email: natalie.leger@middlemore.co.nz

Franklin Bipolar & Depression Support Group

Phone: (09) 235-6312 or (09) 235-3457
Address: Wesley St, Pukekohe
Email: franklinbpdsg@actrix.co.nz

M Mahitahi Trust

Phone: (09) 258-5900
Address: 10-14 Park Ave, Otāhuhu
Email: enquiries@mahitahi.co.nz

Manukau Community Mental Health Centre
(Counties Manukau DHB)

Phone: (09) 261-3700
Address: Building 6, 17 Lambie Drive, Manukau

Pathways Auckland Branch

Phone: (09) 261-3401
Address: Harakeke House, 15 Ronwood Ave,
Manukau
Email: contactus@pathways.co.nz

P Penina Health Trust

Phone: (09) 269-7989
Address: 186 Russel Rd, Manurewa
Email: penina@healthtrust.co.nz
Web: www.peninahealth.org.nz

M Raukura Hauora o Tainui

Phone: (09) 263-8040
Address: 47 Druces Rd, Manukau
Email: enquiries@raukura.com
Web: www.raukura.org.nz

M Te Puna Waiora - Māori Mental Health Service (Counties Manukau DHB)

Phone: (09) 259-5099
Address: Aroha ki te Tangata, 70 Kerrs Rd, Wiri

Te Rāwhiti Community Mental Health Centre (Counties Manukau DHB)

Phone: (09) 538-0700
Address: 15 Aberfeldy Ave, Highland Park
Email: whirinaki@middlemore.co.nz

Phone: (09) 270-9090
Address: Matariki Building, 492 Great South Rd,
Otahuhu

(Counties Manukau DHB)

Phone: (09) 259-5099

Address: Aroha ki te Tangata, 70 Kerrs Rd, Wiri

M Whare Tiaki Hauora

Phone: (09) 274-3237

Address: 20 Otara Rd, Otara

Whirinaki Child & Adolescent Mental Health

(Counties Manukau DHB)

Phone: (09) 265-4000

Address: 7 Springs Rd, East Tāmaki

Email: whirinaki@middlemore.co.nz

NOTES

Maternity Support Services and Midwives

AUCKLAND WIDE

Pregnancy Counselling Services

Phone: 0800 773 462 or (09) 307-6745
Web: www.pcs.org.nz

La Leche League New Zealand – Auckland Region

Phone: (09) 846-0752
Email: help@lalecheleague.org.nz
Web: www.lalecheleague.org.nz

U Choose - Pregnancy Options & Help

Phone: 0800 82 46 673 or (09) 292-4357
Address: 15 Paparimu Rd, Paparimu, Papakura
Email: jgrant@maxnet.co.nz
Web: www.0800uchoose.com

AUCKLAND NORTH

North Shore Hospital Antenatal Clinic (Waitemata DHB)

Phone: 0800 80 93 42 or
(09) 486-8920 Ext. 2857
Address: North Shore Hospital, 124
Shakespeare Rd, Takapuna

M Te Puna Hauora o Te Raki Paewhenua

Phone: (09) 489-8349
Address: 58a Akoranga Drive, Northcote
Email: northcotereception@tepuna.org.nz

AUCKLAND WEST

M Midwives out West – Helen Bryant

Mobile: 021 998 785
Free Phone: 0800 63 33 64

Helen works as part of a team of three midwives who co-share their clientele.

M Paula Ngarongo – Independent Midwife

Phone: 021 034 2910

M Te Whānau o Waipareira Trust

Phone: (09) 836-6683
Address: Level 2, Whānau House,
6-8 Pioneer St, Henderson
Email: administration@waiwhanau.com
Web: www.waipareira.com

Waitakere Hospital Maternity & Antenatal Clinic (Waitemata DHB)

Phone: 0800 80 93 42 or (09) 839-0000
or (09) 837-6609
Address: Waitakere Hospital,
55 -75 Lincoln Rd, Henderson

AUCKLAND CENTRAL

Auckland Hospital Labour & Birthing Suite, National Women's Health (Auckland DHB)

Phone: (09) 307-2888 or 307-4949 Ext. 24913
Address: Level 9, Auckland City Hospital,
Park Rd, Grafton

Birthcare Auckland

Phone: (09) 374-0800
Address: 20 Titoki St, Parnell
Email: lindy@birthcare.co.nz

M Mahia Winder (Auckland DHB)

Phone: 021 413 946

Midwives Collective

Phone: (09) 845-5558
Address: 1 Taylors Rd, Sandringham
Email: luise@mamal.co.nz

M Ngāti Whātua o Ōrākei Health Services

Phone: (09) 578-0941 Ext. 1
Address: 230 Kupe St, Ōrākei
Web: www.orakeihealth.org.nz

Pregnancy Centre

Phone: (09) 361-4162
Address: 13 Maidstone St, Ponsonby
Email: supportcentre@youthline.co.nz
Web: www.youthline.co.nz

Phone: (09) 373-2599
Address: Level 3, 33 Wyndham St,
Auckland CBD
Email: auckland@pregnancyhelp.org.nz
Web: www.pregnancyhelp.org.nz

M Beatrice Leatham – Independent Midwife

Botany Downs Primary Birthing Unit

Phone: (09) 534-6063

Address: 292 Botany Rd, Botany Downs

Email: pregcentre@xtra.co.nz

Web: www.pregnantandworried.org.nz

Maternity Services (Counties Manukau DHB)

Phone: (09) 276-0187

Middlemore Hospital Labour & Birthing Unit (*Counties Manukau DHB*)

Phone: (09) 276-0266

Address: Level 2, Galbraith Building,
Middlemore Hospital, Hospital Rd,
Otāhuhu

Papakura Primary Birthing Unit

(Counties Manukau DHB)

Phone: (09) 299-9102

Address: 2 Clevedon Rd, Papakura

M Turuki Healthcare - Maternity & Midwives Unit

Phone: (09) 275-5788

Address: 2/32 Canning Crescent, Mangere

M Vicki Wickliffe – Independent Midwife

Mobile: 021 039 5547

NOTES

Disabilities and Special Needs

AUCKLAND WIDE

Auckland Paraplegic & Physically Disabled Association

Phone: (09) 270-2503
Address: Otara Spinal Unit, 30 Bairds Rd, Otara

Autism New Zealand – Auckland Branch

Phone: 0800 28 84 76 or (09) 846-0913
Address: 65 Morningside Drive, St Lukes
Email: auckland@autismnz.org.nz
Web: www.autismnz.org.nz

Royal New Zealand Foundation of the Blind

Phone: 0800 24 33 33 or (09) 355-6900
Address: 4 Maunsell Rd, Parnell
Email: general@rnzfb.org.nz

Deaf Aotearoa New Zealand

Phone: (09) 820-5038
Address: 1836 – 1848 Great North Rd,
Avondale
Email: auckland@deaf.org.nz

IHC (*Intellectual Disabilities*)

Phone: 0800 44 24 42

AUCKLAND NORTH

IDEA Services North Shore

(*Intellectual Disabilities*)
Phone: (09) 529-8739
Address: 1st Floor, 48 Enterprise St, Birkenhead
Email: northsore@idea.org.nz
Web: www.idea.org.nz

Creative Abilities (*Intellectual Disabilities*)

Phone: (09) 444-0608
Address: 14 Silverfield Estate, Wairau Valley
Email: reception@creativeabilities.co.nz
Web: www.creativeabilities.co.nz

LIFE Unlimited Hearing Therapy Services

Phone: 0800 00 80 11 or (09) 415-8129
Address: 3 William Laurie Pl, Albany
(Lion Foundation House)
Email: maxinel@life.nzl.org
Web: www.life.nzl.org.nz

Stewart Rehabilitation Services

(*Brain Injuries*)
Phone: 0800 73 42 28 or (09) 520-4791
Email: admin@stewart-rehab.org.nz

Teenadders Plus

(*Attention Deficit Hyperactivity Disorder*)
Phone: (09) 424-2880 or 027 273 0022
Address: 592b Whangaparaoa Rd,
Stanmore Bay
Email: info@teenadders.org.nz
Web: www.teenadders.org.nz

AUCKLAND WEST

IDEA Services West/Central

(*Intellectual Disabilities*)
Phone: (09) 529-8758
Address: 3047 Great North Rd, New Lynn
Email: west.central@idea.org.nz
Web: www.idea.org.nz

Kōtuku Trust (*Intellectual Disabilities*)

Phone: (09) 836-1740 or 021 606 675
Address: 104 Lincoln Rd, Henderson
Email: stuart@supportedlife.co.nz

Ignite Waitakere (*Intellectual Disabilities*)

Phone: (09) 837-0728
Address: 184 Lincoln Rd, Henderson

Justice Action Group (*Advocacy for people with disabilities within the justice system*)

Phone: (09) 818-9413 or 027 228 9121
Address: 18 Withers Rd, Glen Eden
Email: justiceaction@slingshot.co.nz
Web: www.justiceactiongroup.org.nz

Mt Tabor Trust (*Housing assistance for people with disabilities*)

Phone: (09) 420-9701 or (09) 420-9703
Address: 51 Commercial Rd, Helensville
Email: mt.tabor@cxtra.co.nz

Sport Waitakere (*Encourages people with disabilities to participate in sports and leisure activities*)

Phone: (09) 966-3120
Address: 65-67 Central Park Drive, Henderson
Email: admin@sportwaitakere.co.nz
Web: www.sportwaitakere.co.nz

AUCKLAND CENTRAL

Auckland Deaf Society

Phone: (09) 630-6980
Address: 164 Balmoral Rd, Balmoral
Email: office@auckland-deaf.org.nz
Web: www.auckland-deaf.org.nz

Auckland Parents of Deaf Children

Phone: (09) 307-2922
Email: enquiries@apodc.org.nz

Citizen Advocacy Auckland *(Intellectual Disabilities)*

Phone: (09) 358-4141
Address: 44 Khyber Pass Rd, Grafton
(OutSource IT)
Email: ca.auckland@ihug.co.nz
Web: www.caauckland.org.nz

Disability Resource Centre

Free Phone: 0800 62 51 00
Address: 14 Erson Ave, Royal Oak
Email: reception@disabilityresource.org.nz

Koru Care Charitable Trust *(Children with disabilities)*

Phone: (09) 523-2456 or (09) 523-0054
Address: Level 1, 105 Great South Rd,
Greenlane
Email: korucare@xtra.co.nz
Web: www.korucare.co.nz

M Ngāti Whātua o Ōrākei Health Services

Phone: (09) 578-0941
Address: 272 Apirana Ave, Glen Innes
Web: www.orakeihealth.org.nz

P Pacific Information Advocacy & Support Services Trust

Phone: (09) 589-1922
Address: Level 3, 15 Sultan St, Ellerslie
Email: enquiries@vakatautua.co.nz
Web: www.piass.org.nz
www.vakatautua.co.nz

Papakura Home Health Care

Phone: (09) 295-1250
Address: 5-19 Great South Rd, Otahuhu

TelePhone: Information Service *(Deaf service)*

Free Phone: 0800 24 33 33
Email: library@rnzfb.org.nz

AUCKLAND SOUTH

Mangere Home Health Care

Phone: (09) 270-4730
Address: Building 38, Orakau Rd,
Mangere East, Manukau

P Pacific Island Homecare Services Trust

Phone: (09) 274-9153
Address: 271b East Tamaki Rd, Otara
Email: info@pacifichomecare.org.nz

Personal Advocacy Trust *(Intellectual Disabilities)*

Phone: (09) 267-0953
Address: 61 Hill Rd, Manurewa
Email: ajtaylor2@xtra.co.nz

Quality of Life Trust *(Provides support for people who are deaf or blind)*

Phone: (09) 634-6105
Address: 23 Muir Ave, Mangere
Email: qlifetrust@gmail.com

M Te Roopu Taurima o Manukau Trust *(Intellectual Disabilities)*

Phone: (09) 276-6282
Address: 519 Great South Rd, Otāhuhu
Post: P.O. Box 22-346, Auckland
Web: www.terooputaurima.org.nz

M Te Roopu Waiora Trust

(Advocacy to people with disabilities)
Phone: (09) 277-4513 or 021 348 512
Address: Ground Floor, Nikau House,
19 Charles St, Papatoetoe
Email: enquiries@teroopuwaiora.org.nz

TOKO I TE ORA SOCIAL SERVICES

Budgeting Advice Services

AUCKLAND NORTH

Anglican Community Church Birkdale/ Beach Haven

Phone: (09) 483-6989
Address: 56a Tramway Rd, Beach Haven
Email: acc@maxnet.co.nz

Aotea Budgeting Services

Phone: (09) 429-0465
Address: Cnr Medland & Shoal Bay Rds,
Tryphena, Great Barrier Island
Email: office@aoteafamilysupport.co.nz

City Impact Church

Phone: 0800 24 87 42 or (09) 477-6300
Address: 794 East Coast Rd, Browns Bay
Email: info@cityimpactchurch.com

Hibiscus Coast Family Services

Phone: (09) 424-4584
Address: 575 Whangaparaoa Rd, Stanmore Bay
Email: hbcfamilyservices@xtra.co.nz

North Harbour Budgeting Services

Phone: (09) 489-2023
Address: Level 1, Mary Thomas Centre,
3 Gibbons Rd, Takapuna
Email: nhbs@ihug.co.nz

North Shore Budget Services

Phone: (09) 486-6206
Address: St Johns Building, Suite 1, 2 Shea Tce,
Takapuna
Email: nsbudget@xtra.co.nz

M Te Korowai Aroha Pumau

Phone: (09) 423-9481
Address: 241 Rodney St, Wellsford
Email: tkawhatua@xtra.co.nz

M Te Puna Hauora o Te Raki Paewhenua

Phone: (09) 489-8349
Address: 58a Akoranga Drive, Northcote
Email: northcotereception@tepuna.org.nz

Warkworth/Wellsford Budgeting Services

Phone: (09) 423-7123
Address: 241 Rodney St, Wellsford
Email: w.b.s@clear.net.nz

AUCKLAND WEST

Helensville/Waimauku Family Budgeting Services

Phone: (09) 420-7740
Address: 23 Commercial Rd, Helensville
Email: hlv.budget@xtra.co.nz
Web: www.familybudgeting.org.nz

Henderson Budgeting Services

Phone: (09) 836-4141
 Address: 1/2 Hulme Pl, Henderson
 Email: info@budgeting.org.nz

Vision West Budgeting Services

Phone: (09) 818-0714 or 021 135 6065
 Address: 97 Glendale Rd, Glen Eden
 Email: budgeting@visionwest.org.nz

Presbyterian Support - Budgeting & Money Management Services

Phone: (09) 838-1426
 Address: 3 Montel Ave, Henderson
 Email: budgeting@psn.org.nz

NZ Ethnic Budgeting Services Trust

Phone: (09) 834-3668
 Address: 56a Covil Ave, Te Atatu South
 Email: nzebs1@gmail.com

West Auckland Budgeting Service Trust

Phone: (09) 827-5773
 Address: 3 Memorial Drive, New Lynn
 Email: west.budget@gmail.com

Ranui Baptist Church

Phone: (09) 833-7815
 Address: 464 Swanson Rd, Ranui
 Email: ranuibaptist@xtra.co.nz

M Te Whānau o Waipareira Trust

Phone: 0800 92 49 42 or (09) 836-6683
 Address: Level 2, Whānau House,
 6-8 Pioneer St, Henderson
 Email: administration@waiwhanau.com
 Web: www.waipareira.com

Waitakere Community Outreach

Phone: (09) 818-4471

AUCKLAND CENTRAL**East Auckland Home & Budget Services**

Phone: (09) 570-9023
 Address: 18 Clifton Court, Panmure
 Email: admin@homebudget.org.nz

Glen Innes Family Centre

Phone: (09) 570-6250
 Address: 122 Elstree Ave, Glen Innes

Hillside Community Trust

Phone: (09) 521-3066 or 021 646 120
 Address: 75 Felton Mathew Ave, Glen Innes
 Email: sue.peters@capnz.org.nz

Otāhuhu Home Budgeting Services

Phone: (09) 270-3546
 Address: 12 High St, Otāhuhu
 Email: manager.saips@xtra.co.nz

Student Financial Services

Phone: (09) 921-9333
 Address: 55 Wellesley St East, Auckland CBD
 Email: adeline.brightly@aut.ac.nz

Te Manawanui Charitable Trust

Phone: (09) 624-3906 or 021 280 4000
 Email: te.manawanui@xtra.co.nz

Waiheke Budgeting Services

Phone: (09) 372-6300
 Address: 142 Ocean View Rd, Waiheke Island
 Email: waibud1@ynet.co.nz

AUCKLAND SOUTH**Christian Care Budgeting Services**

Phone: (09) 298-8536
 Address: 25 Broadway, Papakura
 Email: ccbs@value.net.nz

Franklin Family Support Centre

Phone: (09) 238-6233
 Address: 2 King St, Pukekohe
 Email: admin@familysupport.org.nz

Mangere Budgeting Services Trust

Phone: 0508 22 22 83 or (09) 275-2266
 Address: 59a Māhunga Drive, Mangere
 Email: appointments@
 mangerebudgeting.org.nz

Otara Budgeting Service

Phone: (09) 271-6051
 Address: 46 Bairds Rd, Otara
 (Shops 1 & 2, Fairmall)
 Email: otarabudgeting@yahoo.co.nz

Pakuranga & Howick Budgeting Services

Phone: (09) 576-5222
 Address: Aylesbury St, Pakuranga
 (Library Building)
 Email: hpbs@xtra.co.nz

Pasefika Mana Social Support Services

Phone: (09) 279-4925
 Address: 91 Cambridge Terrace, Papatoetoe
 Email: pasefika.mana@xtra.co.nz

**St Lukes Church Budgeting Services
(Formerly Te Whānau Tūhonotia Trust)**

Phone: (09) 266-3233
 Address: 3 Russell Rd, Manurewa
 Email: st_lukes@xtra.co.nz

Training & Budget Services

Phone: (09) 279-9500
 Address: 129 Great South Rd, Papatoetoe



Māori Specific



Pacific Island Specific

Food and Clothing Banks

AUCKLAND NORTH

Age Concern Rodney

Phone: (09) 426-0916
Address: Unit JA2, Westpac Plaza, Tamaki Ave,
Orewa
Email: age_concern_rodney@xtra.co.nz

Anglican Community Church Birkdale/ Beach Haven

Phone: (09) 483-6989
Address: 56a Tramway Rd, Beach Haven
Email: acc@maxnet.co.nz

Salvation Army North Shore City

Phone: (09) 441-2554
Address: 407 Glenfield Rd, Glenfield
(Bullring Building)
Email: northshorecity_cfs@
nzf.salvationarmy.org.nz
Web: www.salvationarmy.org.nz

AUCKLAND WEST

Salvation Army Waitakere

Phone: (09) 837-4471
Address: 7-9 View Rd, Henderson
Email: Waitakerecentral_corps@
nzf.salvationarmy.org.nz
Web: www.salvationarmy.org.nz

Salvation Army New Lynn

Phone: (09) 827-3128
Address: 31 Delta Ave, New Lynn
Email: newlynn_corps@
nzf.salvationarmy.org.nz
Web: www.salvationarmy.org.nz

Waitakere Community Outreach

Phone: (09) 818-4471

AUCKLAND CENTRAL

Auckland City Mission

Phone: (09) 303-9200
Address: 140 Hobson St, Auckland CBD
Email: info@aucklandcitymission.org.nz
Web: www.aucklandcitymission.org.nz

Christian Love Link – Auckland City West & Combine Churches Food Bank

Phone: (09) 620-5604
Address: 179 Hillsborough Rd, Hillsborough
Email: leonje@xtra.co.nz

Salvation Army Auckland City

Phone: (09) 639-1181
Address: 691a Mt Albert Rd, Royal Oak
Email: aucklandcity_cm@
nzf.salvationarmy.org.nz
Web: www.salvationarmy.org.nz

St Vincent de Paul

Phone: (09) 815-6122
Address: 478 New North Rd, Kingsland

M Te Rūnanga a Iwi o te Oranga Ake

Phone: 0800 57 02 679 or (09) 570-2679
Email: admin@toa.org.nz

AUCKLAND SOUTH

Mangere Budgeting Services

Phone: 0508 22 22 83 or (09) 275-2266
Address: 59b Māhunga Drive, Mangere
Email: appointments@
mangerebudgeting.org.nz
Web: www.mangerebudgeting.org.nz

Meals on Wheels - Pukekohe

Phone: (09) 238-2026
Address: 10 Oakwood Rd, Pukekohe
Email: billandmaureen@xtra.co.nz

South Auckland Christian Food Bank

Mobile: 027 477 1092
Address: 75 Omana Rd, Papatoetoe
Email: ian@sacfb.org.nz
Web: www.sacfb.org.nz

Salvation Army - Papakura

Phone: (09) 298 9485
Address: 69 O'Shannessey St, Papakura
Web: www.salvationarmy.org.nz

Salvation Army - Takanini

Phone: (09) 298 3801
Address: 262 – 264 Great South Rd, Takanini
Web: www.salvationarmy.org.nz

St George Anglican Church

Phone: (09) 278-3412

Address: 5 Landscape Rd, Papatoetoe

Email: office@stgap.org.nz

Web: www.stgap.org.nz

St Lukes Church Budgeting Services (Formerly Te Whānau Tūhonotia Trust)

Phone: (09) 266-3233

Address: 3 Russell Rd, Manurewa

Email: st_lukes@extra.co.nz

Waiuku Family Support Network

Phone: (09) 235-9099 or (09) 235-9089

Address: 56 Queen St, Waiuku

Email: wfsn@extra.co.nz

NOTES

Emergency Housing

The following services provide support to find housing in emergency situations (such as family violence or eviction). For general assistance to find housing, contact should be made with Housing New Zealand on 0800 80 16 01 (24-hour freephone, even from a mobile phone). Housing New Zealand's customer service centre provides on-the-spot responses for all enquiries 24 hours a day, seven days a week and pre-assessment for state housing applicants.

AUCKLAND NORTH

De Paul House

Phone: (09) 480-5959
Address: 92 Onewa Rd, Northcote
Email: catherine@depaulhouse.org.nz
Web: www.depaulhouse.org.nz

AUCKLAND SOUTH

Monte Cecilia Emergency House Trust

Phone: (09) 275-6661
Address: 30 Windrush Close, Mangere
Email: housing@montececilia.org.nz

AUCKLAND WEST

Tuvaluan Society

Phone: (09) 836-3635 or 021 045 1347
Address: 365 Great North Rd, Henderson

AUCKLAND CENTRAL

James Liston Hostel

Phone: (09) 376-3885
Address: 135 Howe St, Freemans Bay
Email: manager@jameslistonhostel.co.nz

Salvation Army Epsom Lodge

Phone: (09) 524-0252
Address: 18 Margot St, Epsom
Web: www.salvationarmy.org.nz

Te Manawanui Charitable Trust

Phone: (09) 624-3906 or 021 280 4000
Email: te.manawanui@extra.co.nz

United Māori Mission

Phone: (09) 638-8214
Address: 13 Marama Ave, Epsom
Email: maori.mission@umm.org.nz

Employment Support

Listed below are a few organisations throughout the Auckland region that may be able to assist those who are seeking employment.

AUCKLAND WIDE

Work & Income New Zealand – Community Link Offices

Phone: 0800 55 90 09

Web: www.workandincome.govt.nz

Work and Income New Zealand have Work Brokers at each of their Service Centres that will help you to find potential work opportunities

AUCKLAND NORTH

EDGE Employment

Phone: (09) 414-6044

Address: Level 1, 215 Wairua Rd, Glenfield

Edge Employment assists those with mental illness to seek and maintain employment

AUCKLAND WEST

Careers Service Rapuara Waitakere

Phone: 0800 22 27 73

Address: Level 5, Unitec Building 500, Ratanui St, Henderson

Email: careers@careers.govt.nz

Web: www.careers.govt.nz

Provides careers information and guidance when choosing a career

Ignite Waitakere

Phone: (09) 837-0723

Address: 184 Lincoln Rd, Henderson

Email: ignite.waitakere@idea.org.nz

Web: www.ihc.org.nz

Provides a range of community-based services to assist people with physical and/or intellectual disabilities

Work & Income New Zealand – Waipareira Service

Phone: 0800 559 009

Address: Cnr Edmonton & Great North Rds, Henderson

Web: www.workandincome.govt.nz

Waipareira Service Centre of WINZ has access to potential job opportunities through their Work Brokers and their Social Services

AUCKLAND CENTRAL

Dress for Success Auckland

Phone: (09) 377-2762

Address: 4 Boston Rd, Auckland

Email: auckland@dressforsuccess.org.nz

Web: www.dressforsuccess.org.nz/auckland

Provides a range of programmes that help low income women build up the confidence for job interviews. Also provide suitable interview clothing

Elevator

Phone: 0508 35 38 28

Address: Level 1, 1 Marewa Rd, Greenlane

Email: enquiries@elevator.org.nz

Web: www.elevator.org.nz

Employment agency for job seekers with disabilities

AUCKLAND SOUTH

Auckland Protected Employment Trust

Phone: (09) 279-2615

Address: 11-15 Laureston Ave, Papatoetoe

Assists those with disabilities or who are disadvantaged to get and maintain a job
SENZ Charitable Trust

Phone: 0800 73 69 48 or (09) 261-0070

Address: Level 1, 601 Great South Rd, Manukau

Email: info@senz.org.nz

Web: www.senz.org.nz

Assists those registered with WINZ to job search. Delivers fulltime course to those aged 16 – 24

Strive Community Trust

Phone: (09) 636-9792

Email: ceo@strive.org.nz

Assists adults and school-leavers with job search



Māori Specific



Pacific Island Specific

Family Violence Services

If you and/or your whānau are in immediate danger from family violence, you should call 111.

AUCKLAND WIDE

Child, Youth and Family

Free Phone: 0508 FAMILY (0508 32 64 59)

Web: www.cyf.govt.nz

If you suspect child abuse or neglect, or are worried about a child or young person, you can call the freePhone: number anytime.

Victims of Crime Information Line

Free Phone: 0800 65 06 54

Web: www.areyouok.org.nz

Victim Support

Free Phone: 0800 84 28 46

Women's Refuge Auckland Region Crisis Line

Phone: (09) 378-1893

AUCKLAND NORTH

Abuse Prevention Services - Warkworth

Phone: (09) 425-8130

Email: rsvs@clear.net.nz

Web: www.nnsvs.org.nz

Hestia Rodney Women's Refuge

Phone: 0800 32 13 61 or (09) 427-5154

Email: hestiarwr@xtra.co.nz

Web: www.hestia.womensrefuge.co.nz

North Harbour Living Without Violence

Phone: 0508 74 46 33 or (09) 489-3770

Email: nhlwv@xtra.co.nz

North Shore Women's Centre

Phone: (09) 444-4618

Email: women.ctr@xtra.co.nz

M Te Korowai Aroha Pumau

Phone: (09) 423-9481

Address: 241 Rodney St, Wellsford

Email: tkawhatua@xtra.co.nz

Web: www.nnsvs.org.nz

M Te Puna Hauora o Te Raki Paewhenua

Phone: (09) 489-8349

Address: 58a Akoranga Drive, Northcote

Email: northcotereception@tepuna.org.nz

AUCKLAND WEST

Alternative to Violence Project - Ranui

Phone: (09) 838-3392 or 021 261 4388

Email: avpauck@gmail.com

P Auckland Tuvaluan Society

Phone: (09) 836-3635

Address: 365 Great North Rd, Henderson

Email: akltu8society@paradise.net.nz

Helensville Women's & Family Centre

Phone: 0508 74 46 33 or (09) 420-7992

Address: Level 1, 51 Commercial Rd, Helensville

Email: info@hwfc.co.nz

Web: www.hwfa.co.nz

Man Alive Men's Centre

Phone: (09) 835-0509 (Ext 833)

Address: 11 Edmonton Rd, Henderson

Email: info@2manalive.org.nz

P Pacific Island Safety & Prevention Project

Phone: (09) 832-2555

Address: Cnr Don Buck & Triangle Rds, Massey

Email: tups@theproject.org.nz

M Tū Wahine Trust

Phone: (09) 838-8700

Address: 247 Edmonton Rd, Te Atatu South

Waitakere Abuse & Trauma Counselling

Phone: (09) 837-2491

Address: 247 Edmonton Rd, Te Atatu South

Email: reception@abusehelp.org.nz

Western Refuge Society

Phone: (09) 837-1987 or 027 492 9940

Address: 10 Pioneer St, Henderson

Email: potow@xtra.co.nz

Women's Centre Waitakere

Phone: (09) 838-6381 or (09) 836-7610

Address: Cnr McLeod & Te Atatu Rds,

Te Atatu South

Email: info@womenscentre.org.nz

AUCKLAND CENTRAL

Glen Innes Family Centre

Phone: (09) 570-6250 or 021 570 410
Address: 122 Elstree Ave, Glen Innes
Email: admin@gifc.co.nz

Grey Lynn Community Trust

Phone: (09) 360-0229 or 021 239 5019
Address: 449 Richmond Rd, Grey Lynn
Email: family_support_services@xtra.co.nz

Living Without Violence Waiheke Network

Phone: 0800 37 66 33 or (09) 372-9220

Mother of Divine Mercy - Rosebank

Phone: (09) 820-0453

P O Le Lafitaga Samoan Trust

Phone: (09) 620-6529
Address: 40b Roma Rd, Mt Roskill
Email: brenda@lafitaga.org.nz

P Pacific Island Women's Refuge

Phone: (09) 634-4662 or 021 239 5019
Email: p.i.w.r@xtra.co.nz

P Pasifika Health & Social Services

Phone: (09) 828-4307 or (09) 828-4317
Address: 8 Hendon Ave, Mt Albert
Email: info@phss.org.nz

M Piritahi Hauora

Phone: (09) 372-0022
Address: 53 Tahatai Rd, Blackpool,
Waiheke Island
Email: piritahihauora@xtra.co.nz

M Te Whare Ruru hau o Meri

Phone: 0800 99 55 55 or (09) 270-2631
Address: Unit 7, 586 Great South Rd, Otāhuhu

AUCKLAND SOUTH

Camelia House - Manukau

Phone: (09) 269-7100 or 027 255 7454

Friendship House

Phone: (09) 263-2322
Address: 20 Putney Way, Manukau
Email: administration@friendshiphouse.org.nz
Web: www.nnsvs.org.nz

M Kōkiri te Rahuitanga

Phone: (09) 274-6685
Address: 55/59 Alexander Crescent, Otara
Email: zena@kokiri.co.nz
Web: www.kokiri.co.nz

Pakuranga Counselling Centre

Phone: (09) 576-4248
Address: 207 Ti Rākau Drive, Pakuranga
Email: contact@pakurangacounselling.org.nz
Web: www.pakurangacounselling.org.nz

Papakura Support & Counselling Centre

Phone: (09) 299-9466 or (09) 299-9455
Address: 4 Opaheke Rd, Papakura
Email: psc@xtra.co.nz
Web: www.psccentre.org.nz

SAFVPN – South Auckland Family Violence Prevention Network

Phone: (09) 278-9266 or 027 458 1981
Address: 137 Kolmar Rd, Papatoetoe
(Dental World Building)
Email: info@safvpn.org.nz
Web: www.beviolencefree.org.nz

M Te Roopu o te Whanau Rangimarie o Tāmaki Makaurau

Phone: (09) 275-1230
Address: 2 Cameo Court Rd, Mangere

M Te Tai Awa o te Ora

Phone: (09) 274-4220
Address: 18 Otara Rd, Otara
Email: admin@taiawa.co.nz

Youth Support Services

AUCKLAND WIDE

Alcohol Drug Helpline

Phone: 0800 78 77 97

Email: info@alcoholdrughelp.org.nz

Child Youth & Family Services

Phone: 0508 32 64 59

Web: www.cyf.govt.nz

0508 FAMILY is the national call centre number that can be called to report any concerns regarding children and young people

Foundation for Youth Development

Phone: 0800 43 57 75

Email: office@fyd.org.nz

Web: www.fyd.org.nz

Go to Web: or call the FreePhone: number to find programmes delivered in your region. Programmes are also delivered in some schools.

Kidsline (Phone: counselling service for children up to 14yrs)

Phone: 0800 54 37 54

Web: www.kidsline.org.nz

What's Up (Phone: counselling for children aged 5 – 18yrs)

Phone: 0800 94 28 787

Web: www.whatsup.co.nz

Youthline

Phone: 0800 37 66 33

Web: www.youthline.co.nz

AUCKLAND NORTH

Girls Brigade NZ

Phone: (09) 442-5055

Email: info@girlsbrigade.org.nz

Web: www.girlsbrigade.org.nz

Self-confidence programmes for girls aged 5 – 17 years.

North Shore Education Trust

Phone: (09) 488-0147 or 021 420 958

Address: 7 The Strand, Takapuna

Web: www.projectk.org.nz

Fourteen-month mentoring programme for 14 and 15 year old young people.

North Shore Women's Centre

Phone: (09) 444-4618

Provide counselling services to girls from 12 years of age.

Youthline North Shore

Phone: 0800 37 66 33

Web: www.youthline.co.nz

Also provide face-to-face counselling for youth.

AUCKLAND WEST

Family Works

Phone: (09) 835-1288

Address: 3 Montel Ave, Henderson

Email: waitakere@northern.familyworks.org.nz

Web: www.familyworks.org.nz

Provide social services for children 0 – 17yrs.

Man Alive Men's Centre

Phone: (09) 835-0509 Ext. 833

Address: 11 Edmonton Rd, Henderson

Email: info@manalive.org.nz

Web: www.manalive.org.nz

Mentoring and counselling for adolescent boys.

P Pacific Island Safety & Prevention Project

Phone: (09) 832-2555

Address: 399 Don Buck Rd, Massey

Email: tups@theproject.org.nz

Counselling for youth.

M Te Whānau o Waipareira Trust

Phone: (09) 836-6683

Address: Level 2, Whānau House,
6-8 Pioneer St, Henderson

Email: administration@waiwhanau.com

Web: www.waipareira.com

Youth court support, youth counselling, youth team support, youth residential service, and wraparound services for youth offenders.

Waitakere Youth Transition Services/Youth Horizons

Phone: (09) 835-1176 Ext. 404

Web: www.youthhorizons.org.nz

Service to bridge school leavers into further education or employment.

Youthline Waitakere

Phone: 0800 37 66 33

Web: www.youthline.co.nz

Also provide face-to-face counselling for youth.

AUCKLAND CENTRAL

Altered High Youth Service, CADS Auckland

Phone: (09) 845-1893

Address: Level 2, 409 New North Rd, Kingsland

Email: alteredhigh@xtra.co.nz

Web: www.cads.org.nz

Mobile service for ages 13 – 20 years with alcohol and/or drug addictions.

Attitude

Phone: (09) 524-0025

Address: 300 Great South Rd, Greenlane

Web: www.attitude.org.nz

Works in secondary schools to provide mentoring.

Rainbow Youth (Gay, Lesbian & Gender Support)

Phone: 376-4155

Address: 281 Karangahape Rd, Auckland CBD

Web: www.rainbowyouth.org.nz

Provide information, education, and advocacy regarding sexuality, gender and identity.

Te Puaruruhau (Auckland DHB)

Phone: (09) 307-2860

Address: 99 Grafton Rd, Grafton

Support for sexual and physical assault for young people aged 0 – 19yrs.

M United Māori Mission

Phone: (09) 638-8214

Address: 13 Marama Ave, Auckland

Email: maori.mission@umm.org.nz

Web: www.umm.org.nz

Provides youth accommodation.

Youth Mentoring Network Central/Waitakere

Phone: (09) 836-4616

Email: info@youthmentoring.org.nz

Web: www.youthmentoring.org.nz

Provide mentoring to youth.

Youthtown Auckland Central

Phone: (09) 379-5430

Address: 68a Nelson St, Auckland CBD

Email: info@youthtown.org.nz

Web: www.youthtown.org.nz

Youthtown Avondale

Phone: (09) 379-5430

Address: 99 Rosebank Rd, Avondale

Email: urbanunity@youthtown.org.nz

Web: www.youthtown.org.nz

Youthtown Panmure

Phone: (09) 527-2461

Address: 143 Tripoli Rd, Panmure

Email: panmure@youthtown.org.nz

Web: www.youthtown.org.nz

AUCKLAND SOUTH

Auckland Cook Island Support Services Trust

Phone: (09) 273-5389

Address: 40d Lovegrove Crescent, Otara

Email: kiria.kiria@acisist.co.nz

Individual and group counselling for youth.

Gateway Community Trust

Phone: (09) 298-1807

Address: 26a Wood St, Papakura

Email: reception@thegate.co.nz

Web: www.thegate.org.nz

Provide information and support to youth and work with the whole family to empower youth.

Papatoetoe Adolescent Christian Trust

Phone: (09) 279-8340

Address: 311 Great South Rd, Papatoetoe

Web: www.pact.org.nz

Work with youth at risk – provide counselling, outdoor activities and parenting support.

Youthlink

Phone: (09) 926-5340

Address: Level 1, 1 Ronwood Rd, Manukau

Email: info@youthlink.org.nz

Web: www.youthlink.org.nz

Work with youth with challenging behaviours – therapeutic intervention, liaison with education providers, youth justice advocacy, and residential care.

Youthtown South Auckland

Phone: (09)297-7386

Address: 163 Dominion Rd, Papakura

(Red Hill Community Centre)

Email: southauckland@youthtown.org.nz

Web: www.youthtown.org.nz

Counselling

AUCKLAND WIDE

Life Line New Zealand

Phone: 0800 LIFELINE or 0800 543 354
Web: www.lifeline.co.nz

OUTLine NZ – Gay, Lesbian & Transgender Counselling

Phone: 0800 68 85 463 or (09) 360-3268

Parent Help Line

Phone: 0800 568 856
Email: parenthelp@xtra.co.nz
Web: www.parenthelp.org.nz

Youthline Auckland Counselling & Family Support Service

Phone: 0800 37 66 33 or (09) 361-4168 or (09) 376-6645
Address: 13 Maidstone St, Ponsonby
Email: supportcentre@youthline.co.nz
Web: www.youthline.co.nz

AUCKLAND NORTH

Barnados

Phone: (09) 481-0045
Address: 19 Kilham Ave, Northcote
Email: jane.caine@barnados.org.nz

Relationship counselling, family counselling, and supervised access.

Grief Centre

Phone: (09) 418-1457 or 022 636 4211
Address: 92 Hinemoa St, Birkenhead
Email: info@griefcentre.org.nz

Grief counselling.

Hibiscus Coast Community House

Phone: (09) 426-3598
Address: 214E Hibiscus Coast Highway, Orewa
Email: hbccommunityhouse@xtra.co.nz
Web: hbccommunityhouse.co.nz

Individual and family counselling.

Home & Family Counselling

Phone: (09) 419-9853 or (09) 424-0035
Address: 2a Seaview Rd, Northcote
Email: northshore@homeandfamily.org.nz

Individual and family counselling for all ages.

Homebuilders Family Services

Phone: (09) 425-7048
Address: 5 Hexham St, Warkworth
Email: homebuilders.warkworth@paradise.net.nz

Family counselling for families under stress, and relationship counselling.

North Shore Women's Centre

Phone: (09) 444-4618
Email: women.ctr@xtra.co.nz

Individual counselling for women and girls over 12 years of age.

Pregnancy Counselling Services

Phone: 0800 773 462 or (09) 307-6745

Relationships Aotearoa

Phone: (09) 489-8349
Address: 3a Gibbons Rd, Takapuna
Email: northshore@relationships.aotearoa.org.nz

Relationship counselling.

M Te Korowai Aroha Pumau

Phone: (09) 423-9481
Address: 241 Rodney St, Wellsford
Email: tkawhatua@xtra.co.nz

Family and Group counselling.

M Te Puna Hauora o te Raki Paewhenua

Phone: (09) 489-8349
Address: 58a Akoranga Drive, Northcote
Email: northcotereception@tepuna.org.nz

Parenting programmes, and therapy for individuals and whānau.

AUCKLAND WEST

Barnados

Phone: (09) 837-5061
Address: 13 Edsel St, Henderson

Relationship counselling, family counselling, and supervised access.

Helensville Women's & Family Centre

Phone: 0508 74 46 33 or (09) 420-7992
Address: Level 1, 51 Commercial Rd, Helensville
Email: info@hwfc.co.nz
Web: www.hwfa.co.nz

Individual and family counselling.

Man Alive Men's Centre

Phone: (09) 835-0509 Ext. 833
Address: 11 Edmonton Rd, Henderson
Email: info@2manalive.org.nz

Individual and group counselling for men and boys.

Men & Family Centre

Phone: (09) 420-8263 or 027 282 6305
Address: Gerald Stokes Ave, Helensville
Email: menandfamilycentre@xtra.co.nz
Web: www.helensville.co.nz/community/menandfamilycentre

Individual, couple and family counselling.

P Pacific Island Safety & Prevention Project

Phone: (09) 832-2555
Address: Cnr Don Buck & Triangle Rds, Massey
Email: tups@theproject.org.nz

Counselling services for youth, individuals and families.

Relationships Aotearoa

Phone: (09) 837-2723
Address: 11 Albert Pryor Ave, Henderson
Email: westauckland@relationships.org.nz

Relationship counselling.

M Tū Wahine Trust

Phone: (09) 838-8700
Address: 247 Edmonton Rd, Te Atatu South
Individual and family counselling for trauma.

Waitakere Abuse & Trauma Counselling

Phone: (09) 837-2491
Address: 247 Edmonton Rd, Te Atatu South
Email: reception@abusehelp.org.nz
Child, adult and family counselling for trauma.

Women's Centre Waitakere

Phone: (09) 838-6381 or (09) 836-7610
Address: Cnr McLeod & Te Atatu Roads, Te Atatu South
Email: info@womenscentre.org.nz
Relationship counselling, anger management, and family violence for women.

AUCKLAND CENTRAL

Anglican Trust for Women & Children

Phone: (09) 276-3729
Address: 10 Beatty St, Otāhuhu
Email: info@awtc.org.nz

Child psychotherapy, family therapy, attachment therapy, and parenting programmes

Auckland Counselling & Psychotherapy Ltd

Phone: (09) 638-7632 or 021 160 1335
Address: 83-87 Church St, Onehunga
Email: alfreed@mac.com
Web: www.alfreed.co.nz

Individuals and couples counselling.

Glen Innes Family Centre

Phone: (09) 570-6250 or 021 570 410
Address: 122 Elstree Ave, Glen Innes
Email: admin@gifc.co.nz

Individual and family counselling.

Home & Family Counselling

Phone: 0800 37 66 33 or (09) 630-8961
Address: 344 Mt Eden Rd, Mt Eden
Email: info@homeandfamily.org.nz

Child, youth, adults and family counselling.

HOPE Counselling

Phone: (09) 272-4581 or 027 446 8201
Address: 68a Greenmount Dr, East Tamaki
Email: suzanne@hopecounselling.co.nz

Child, youth, adults and family counselling.

Inner City Women's Group

Phone: (09) 360-4933
Email: icwg@xtra.co.nz

Family violence counselling for women.

Living Without Violence Waiheke Network

Phone: 0800 37 66 33 or (09) 372-9220
Address: 59 Ostend Rd, Waiheke Island
Email: lwv.waiheke@xtra.co.nz

Child, youth, and adult counselling for family violence.

M Piritahi Hauora

Phone: (09) 372-0022
Address: 53 Tahatai Rd, Blackpool, Waiheke Island
Email: piritahihauora@xtra.co.nz

Family counselling and therapy.

Pregnancy Help

Phone: (09) 373-2599
Address: 33 Wyndham St, Auckland
Email: auckland@pregnancyhelp.org.nz

Relationships Aotearoa

Phone: (09) 525-1051
 Address: 1 Robert St, Ellerslie
 Email: ellerslie@relationships.org.nz
 Web: www.relationshipsaotearoa.org.nz

Relationship counselling.

M Te Rūnanga a Iwi o te Oranga Ake

Phone: 0800 57 02 679 or (09) 570-2679
 Address: 17 Allright Pl, Mt Wellington
 Email: admin@tos.org.nz

Relationship counselling.

M Te Unga Waka

Phone: (09) 520-0861 or 027 658 6753
 Address: 1 Clyde St, Epsom
 Email: teunga@clear.net.nz

Children, young people and families counselling.

M Te Whare Ruru hau o Meri

Phone: 0800 99 55 55 or (09) 270-2631
 Address: Unit 7, 586 Great South Rd, Auckland

Family violence therapy.

AUCKLAND SOUTH

Barnados

Phone: (09) 275-4481 or 027 445 5357
 Address: 33 Cape Rd, Mangere
 Web: www.barnados.org.nz

Relationship counselling, family counselling, and supervised access.

Camelia House

Phone: (09) 269-7100 or 027 25 57 454

Family violence therapy.

Clendon Manurewa Whanau/Family Support Services

Phone: (09) 267-0152
 Address: 10 Mahia Rd, Manurewa
 Email: cmwfss.admin@xtra.co.nz

Counselling for individuals and families in crisis.

Counselling Services Centre

Phone: (09) 277-9324 or 027 484 4195
 Address: 22 Alexander Ave, Papatoetoe
 Email: emma.castle@csccounselling.org.nz
 Web: www.csccounselling.org.nz

Family violence, mental health, grief, and relationship counselling for individuals and families.

Friendship House

Phone: (09) 263-2322
 Address: 20 Putney Way, Manukau
 Email: administration@friendshiphouse.org.nz

Family violence counselling.

Papakura Support & Counselling Centre

Phone: (09) 299-9466 or (09) 299-9455
 Address: 4 Opaheke Rd, Papakura
 Email: pscc@xtra.co.nz
 Web: www.psccentre.Web.s.com

Counselling for children and adults.

P Pasefika Mana Social Support Services

Phone: (09) 279-4925
 Address: 91 Cambridge Tce, Papatoetoe
 Email: pasefika.mana@xtra.co.nz

Individual and youth group counselling.

Relationships Aotearoa - Manukau

Phone: (09) 263-8098
 Address: Cnr Great South Rd & Wiri Station Rd, Manukau
 Email: manukau@relationships.org.nz
 Web: www.relationshipsaotearoa.org.nz

Relationship counselling.

M Te Roopu o te Whānau Rangimarie o Tāmaki Makaurau

Phone: (09) 275-1230
 Address: 2 Cameo Court Rd, Mangere

Counselling for perpetrators and victims of family violence.

M Te Tai Awa o te Ora

Phone: (09) 274-4220
 Address: 18 Otara Rd, Otara
 Email: admin@taiawa.co.nz

Individual and family counselling for sexual abuse and alcohol and drugs, and relationship support counselling.

Gambling Addiction Services

AUCKLAND WIDE

Gambling Helpline

Free Phone: 0800 65 46 55

Email: info@gamblinghelpline.co.nz

Problem Gambling Foundation of New Zealand

Phone: 0800 64 42 62 or (09) 368-1520

Email: help@pgfnz.org.nz

Web: www.pgfnz.org.nz

AUCKLAND CENTRAL

Oasis Centres (Salvation Army)

Phone: (09) 639-1156

Address: Level 1, 691a Mt Albert Rd, Royal Oak

Odyssey House (Residential, Adult & Young Adults)

Phone: (09) 638-4957

Address: First Floor, 110 Mt Eden Rd, Auckland

Email: admissions@odyssey.org.nz

Web: www.odyssey.org.nz

AUCKLAND SOUTH

Raukura Hauora o Tainui

Phone: (09) 263-8040

Address: 47 Druces Rd, Manukau

Email: enquiries@rauakura.org.nz

Web: www.raukura.org.nz

Whānau Ora Provider Collectives

Whānau Ora is an inclusive interagency approach to providing health and social services to build the capacity of all New Zealand families in need. It empowers whānau as a whole rather than focusing separately on individual family members and their problems. Some whānau will want to come up with their own ways of improving their lives and may want to work on this with a hapū, iwi or a non-government organisation (NGO).

Other whānau will want to seek help from specialist Whānau Ora providers who will offer wrap-around services tailored to their needs. Whānau will have a practitioner or 'navigator' to work with them to identify their needs, develop a plan to address those needs and broker their access to a range of health and social services.

Whānau Ora Provider Collectives are listed below. Contact one of the providers listed under a Collective for more information about the services the Collective provides.

AUCKLAND WEST

M NUMA Whānau Ora Collective

National Urban Māori Authority (NUMA); Manukau Urban Māori Authority Incorporated (MUMA); Te Kōhao Health Limited; Te Rūnanga o Kirikiriroa; Te Rūnanga o Ngā Maata Waaka Incorporated; Te Whānau o Waipareira Trust

C/o - Te Whānau o Waipareira Trust
Phone: 0800 92 49 42 or (09) 836 6683
Address: Whanau House, 6 – 8 Pioneer St, Henderson

P Pacific Islands Safety and Prevention Project

Phone: (09) 832 2555
Address: 399 Don Buck Rd, Massey

AUCKLAND CENTRAL

P Alliance Health + Primary Health Organisation (PHO)

Auckpac Health Trust Board; Health Star Pacific Trust; Pasefika Health Trust; Penina Health Trust; Tongan Health Society

C/o - Alliance Health + Primary Health Organisation
Phone: (09) 588 4260
Address: 15B Level 1, Vestey Drive, Mt Wellington

M Ngāti Whātua o Ōrākei Māori Trust Board

Ngāti Whātua o Ōrākei Corporate Limited; Ngāti Whātua o Ōrākei Health Services; Ngāti Whātua o Ōrākei Marae Committee; Ōrākei Marae Social and Health Services; Ngāti Whātua o Ōrākei Social Needs Limited

C/o - Ngāti Whātua o Ōrākei Corporate Limited
Phone: 336 1670
Address: Level 6, 99 Queen St, Auckland CBD

AUCKLAND SOUTH

M Kotahitanga

Huakina Development Trust; Papakura Marae; Te Kaha o Te Rangatahi Trust; Turuki Healthcare Trust

C/o - Turuki Healthcare Trust
Phone: (09) 275 5788
Address: 2/32 Canning Crescent, Mangere

M NUMA Whānau Ora Collective

National Urban Māori Authority (NUMA); Manukau Urban Māori Authority Incorporated (MUMA); Te Kōhao Health Limited; Te Rūnanga o Kirikiriroa; Te Rūnanga o Ngā Maata Waaka Incorporated; Te Whānau o Waipareira Trust

C/o - Manukau Urban Māori Authority Incorporated (MUMA)
Phone: (09) 277 7866
Address: 7 Shirley Rd, Papatoetoe

RARANGA HĀPORI INFORMATION SERVICES

Citizens Advice Bureaus (CABs)

AUCKLAND NORTH

CAB - Birkenhead

Phone: (09) 418-0032
Address: 2 Rawene Rd, Birkenhead
Post: P.O Box 34-021, Birkenhead
Email: cab.birkenhead@xtra.co.nz

CAB - Browns Bay

Phone: (09) 479-2222
Address: 2 Glen Rd, Browns Bay
Email: cab.brownsbay@xtra.co.nz

CAB - Glenfield

Phone: (09) 444-9451
Address: 90 Bentley Ave, Glenfield
Post: P.O Box 40-661, Glenfield
Email: cab.glenf@xtra.co.nz

CAB - Hibiscus Coast

Phone: (09) 426-5338
Address: 40-46 Orewa Square (Orewa Community Centre, next to Orewa Community Hall)
Post: P.O Box 461, Orewa
Email: cab.hibco@xtra.co.nz

CAB - Northcote

Phone: (09) 480-2971
Address: Level 1, Norman King Building,
1 Ernie Mays St, Northcote
Post: P.O Box 36-360, Northcote
Email: cab.northcote@xtra.co.nz

CAB - Takapuna

Phone: (09) 486-3139
Address: 2 The Strand, Takapuna,
(Community Services Building)
Post: P.O Box 33-897, Takapuna
Email: cab.takapuna@xtra.co.nz

CAB - Wellsford

Phone: (09) 423-7333
Address: 1 Matheson Rd, Wellsford
(Wellsford Community Centre)
Email: cab.wells@xtra.co.nz

AUCKLAND WEST

CAB - Glen Eden

Phone: (09) 818-8634
Address: Cnr Glendale Rd & Glenmall Pl,
Glen Eden (Library Complex)
Post: P.O Box 201015, Glen Eden
Email: cab.gleneden@xtra.co.nz

CAB - Helensville

Phone: (09) 420-7162
 Address: 27 Commercial Rd, Helensville
 Email: cab.helnv@xtra.co.nz

CAB - Henderson

Phone: (09) 836-4118 or (09) 836-4119
 Address: 11 Trading Pl, Henderson
 Post: P.O Box 12-1434
 Email: cab.hendr@xtra.co.nz

CAB - Massey

Phone: (09) 833-5775
 Address: Don Buck Rd & Westgate Drive,
 Westgate (Library Building)
 Post: P.O Box 84-152, Westgate
 Email: cab.massey@xtra.co.nz

CAB - New Lynn

Phone: (09) 827-4731
 Address: 3 Memorial Drive, New Lynn
 (Library Building)
 Post: P.O Box 15-254
 Email: cab.newln@xtra.co.nz

AUCKLAND CENTRAL

CAB - Avondale

Phone: (09) 828-7121
 Address: 99 Rosebank Rd, Avondale
 Email: cab.avond@xtra.co.nz

CAB - Central Auckland

Phone: (09) 302-3676 or (09) 376-3531
 Address: 44-46 Lorne St, Central Auckland
 (1st Floor, Central City Library
 Building)
 Email: cab.central@xtra.co.nz

CAB - Eden/Albert

Phone: (09) 846-4023
 Address: 82 St Lukes Rd, Auckland
 Email: cab.mtalb@xtra.co.nz

CAB - Glen Innes

Phone: (09) 528-3682
 Address: 100 Line Rd, Glen Innes
 Post: P.O Box 18-194, Glen Innes
 Email: cab.gleninnes@xtra.co.nz

CAB - Grey Lynn/Ponsonby

Phone: (09) 376-0392
 Address: 510 Richmond Rd, Grey Lynn
 Email: cab.ponsonby@xtra.co.nz

CAB - Mt Roskill

Phone: (09) 625-4854
 Address: 546 Mt Albert Rd, Three Kings
 Email: cab.mtroskill@xtra.co.nz

CAB - Onehunga

Phone: (09) 634-1613
 Address: 81 Church St, Onehunga
 (Community Centre &
 Library Building)
 Email: cab.onehunga@xtra.co.nz

CAB - Panmure-Ellerslie

Phone: (09) 573-5707
 Address: 7-13 Pilkington Rd, Panmure
 Post: P.O Box 14-575, Panmure
 Email: cab.panmure-ellerslie@xtra.co.nz

CAB - Remuera/Eastern Bays

Phone: (09) 524-0298
 Address: 4 Victoria Ave, Remuera
 Email: cab.remuera@xtra.co.nz

CAB - Sylvia Park

Phone: (09) 573-5707
 Address: 286 Mt Wellington Highway,
 Auckland (Level 1, Shop N230,
 Sylvia Park Mall)
 Post: P.O Box 13-2039, Auckland
 Email: cab.panmure-ellerslie@xtra.co.nz

CAB - Waiheke Island

Phone: (09) 372-8640
 Address: 141 Ocean View Rd, Oneroa,
 Waiheke Island
 Email: cab.waiheke@xtra.co.nz

AUCKLAND SOUTH

CAB - Botany

Phone: (09) 271-5382
 Address: 4 Sunset Terrace, Botany Downs
 (Botany Town Centre)
 Post: P.O Box 51-291, Pakuranga
 Email: cab.botany@xtra.co.nz

CAB - Mangere

Phone: (09) 275-6885
 Address: Orly Ave, Mangere
 (Shop 17, Mangere Town Centre)
 Post: P.O Box 43-000, Mangere
 Email: cab.mangere@xtra.co.nz

Phone: (09) 266-5729
Address: 7J Hill Rd, Manurewa
(Library Complex)
Post: P.O Box 75-489, Manurewa
Email: cab.manurewa@xtra.co.nz

Phone: (09) 274-6577
Address: Bairds Rd, Otara (Shop 1 & 2,
46 Fair Mall, Otara Town Centre)
Post: 82 St Lukes Road, Auckland
Email: cab.otara@xtra.co.nz

Phone: (09) 576-8331
Address: Aylesbury St, Pakuranga
(Library Building)
Post: P.O Box 51-291, Pakuranga
Email: cab.pakuranga@xtra.co.nz

Phone: (09) 299-6411
Address: 4a Opaheke Rd, Papakura
Post: P.O Box 72-131
Email: cab.papakura@extra.co.nz

Phone: (09) 278-5191
Address: 35a St George St, Papatoetoe
Email: cab.papatoetoe@extra.co.nz

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Community Law Centres

AUCKLAND NORTH

Glenfield Community Centre

Phone: (09) 444-5023
Address: Cnr Glenfield Rd & Bentley Ave
Times: Thursday 9:30am – 4pm

Northcote Citizens Advice Bureau

Phone: (09) 480-2971
Address: Ernies May Rd, Northcote
Times: Monday 10am – 12pm

AUCKLAND WEST

Waitakere Community Law Service/Te Korowai Ture o Waitakere

Phone: 0800 52 94 63 or (09) 835-2130
Address: 1a Trading Pl, Henderson
Email: info@waitakerelaw.org.nz
Web: www.waitakerelaw.org.nz

AUCKLAND CENTRAL

Avondale Community Centre

Phone: (09) 828-3302
Address: 99 Rosebank Rd, Avondale
Times: Tuesday 9am – 3:30pm

Glen Innes Community Centre

Phone: (09) 379-2020
Address: 96 Line Rd, Glen Innes
Times: Wednesday 9am – 3:30pm

Grey Lynn Neighbourhood Law Office

Phone: (09) 378-6085
Address: 449 Richmond Rd, Grey Lynn
Email: glnlo@xtra.co.nz

Otāhuhu Town Hall Community Centre

Phone: (09) 276-7343
Address: 10 High St, Otāhuhu
Times: Tuesday 9:30am – 4:30pm

Tūmanako House

Phone: (09) 378-6085 (Grey Lynn Office)
Address: 59c Kitemoana St, Orakei
Times: Thursday 9:30am – 12:30pm

Wesley Community Centre

Phone: (09) 836-0026
Address: 740 Sandringham Rd Extn, Mt Roskill
Times: Tuesday 9am – 3:30pm

Youthlaw Tino Rangatiratanga Taitamariki

Phone: 0800 88 45 29 or
(09) 309-6967 or (09) 307-5243
Address: Level 1, 219 Federal St,
Auckland CBD
Email: info@youthlaw.co.nz
Web: www.youthlaw.co.nz

AUCKLAND SOUTH

Auckland Disability Law

Phone: (09) 275-4310 or (09) 275-4693 or
027 457 5140
Address: Unit 9, Shop 27, Bader Drive,
Mangere Town Centre
Email: info@adl.org.nz
Web: www.aucklanddisabilitylaw.org.nz

Mangere Community Law

Phone: (09) 275-4310 or (09) 275-4693
Address: Unit 9, Shop 27, Bader Drive,
Mangere Town Centre
Email: mclc@xtra.co.nz

Manukau Counties Community Law Centre

Phone: (09) 262-2007 or (09) 262-2005
Address: 59/63 Druces Rd, Wiri, Manukau
Email: reception@ntklaw.org.nz
Web: www.mcccl.org.nz

RATONGA HĀPORI COMMUNITY SERVICES

Recreation Centres

Recreation, aquatic, leisure and fitness centres that are community based and low cost.

AUCKLAND NORTH

North Shore Leisure – ActivZone

Phone: (09) 444-6340
Address: 30 Downing St, Glenfield

North Shore Leisure – Beach Haven

Phone: (09) 444-6540
Address: 29 Cresta Ave, Beach Haven

North Shore Leisure – Birkenhead & Osbourne Pool

Phone: (09) 444-6340
Address: 48 Mahara Ave, Birkenhead

North Shore Leisure – East Coast Bays

Phone: (09) 444-6340
Address: 12 Bute Rd, Browns Bay

North Shore Leisure – Glenfield

Phone: (09) 444-6340
Address: 73-77 Bentley Ave, Glenfield

North Shore Leisure – Takapuna

Phone: (09) 444-6340
Address: 37 Killarney St, Takapuna

The Leisure Centre

Phone: (09) 424-1914
Address: 159 Brightside Rd, Stanmore Bay, Whangaparaoa

YMCA

Phone: (09) 480-7099
Address: 5 Akoranga Drive, Northcote

AUCKLAND WEST

Waitakere Trust Stadium

Phone: (09) 970-5200
Address: 65-67 Central Park Drive, Henderson

Massey Leisure Centre

Phone: (09) 833-8100
Address: 545 Don Buck Rd, Massey

West Wave Aquatic & Recreation Centre

Phone: (09) 838-3706
Address: 20 Alderman Drive, Henderson

AUCKLAND CENTRAL

ASB Stadium – Community Fitness Centre

Phone: (09) 521-0043
Address: Cnr Kepa & Kohimarama Rd, Kohimarama (Located in Selwyn College grounds)



Cameron Pool

Phone: (09) 624-6058

Address: 53 Arundel St, Mt Roskill

Ellerslie Recreation Centre

Phone: (09) 579-4716

Address: Michaels Avenue Reserve, Ellerslie

Glen Innes Aquatic Centre

Phone: (09) 527-3260

Address: 122 Elstree Ave, Glen Innes

Lynfield Recreation Centre

Phone: (09) 627-1642

Address: 16-18 Griffen Park Rd, Mt Roskill

Mt Albert Community & Recreation Centre

Phone: (09) 846-0788

Address: 773 New North Rd, Mt Albert

Mt Albert Aquatic Centre

Phone: (09) 815-7005

Address: 38 Alberton Ave, Mt Albert

Onehunga War Memorial Pool – Jellicoe Park

Phone: 0508 66 34 86 42

Address: Off Quadrant Rd, Park Gardens, Onehunga

Otāhuhu Recreation & Youth Centre

Phone: (09) 276-8207

Address: Fairburn Reserve, 30 Mason Ave, Otāhuhu

Parnell Baths

Phone: (09) 373-3561

Address: Judges Bay Rd, Parnell

Pt Erin Pools

Phone: (09) 376-6863

Address: Shelly Beach Rd, Herne Bay

Sir William Jordan Recreation Centre

Phone: (09) 636-8825

Address: 5 Pearce St, Onehunga

Tāmaki Recreation Centre

Phone: (09) 521-6438

Address: Tāmaki College, 60 Elstree Ave, Glen Innes

Olympic Pool & Fitness Centre

Phone: (09) 522-4414

Address: 77 Broadway, Newmarket

Waiheke Recreation Centre

Phone: (09) 372-8331

Address: 11 Donald Bruce Rd, Waiheke Island (located at Waiheke High School)

Youthtown Incorporated

Phone: (09) 379-5430

Address: 68a Nelson St, Auckland CBD

YMCA

Phone: (09) 303-2069

Address: 149 Greys Ave, Auckland CBD

Y-Fitness

Phone: (09) 354-4601

Address: 23-29 Albert St, Auckland CBD

Y-Swim

Phone: (09) 529-3742

Address: 250 West Tāmaki Rd, Glendowie

AUCKLAND SOUTH

Allan Brewster Recreation Centre

Phone: (09) 262-5965

Address: Tavern Lane, Papatoetoe

Franklin Sports, Swim & Fitness

Phone: (09) 238-5240

Address: Franklin Rd, Pukekohe

Howick Recreation Centre

Phone: (09) 534-5153

Address: 563 Pakuranga Rd, Howick

Jubilee Pool – Bledisloe Park

Phone: (09) 238-5240

Address: Queen St, Pukekohe

Lloyd Elsmore Park & Leisure Centre

Phone: (09) 535-5502

Address: Sir Lloyd Dr, Pakuranga

Manurewa Recreation Centre

Phone: (09) 267-4646

Address: Frances St, Manurewa

Massey Park Aquatic Centre

Phone: (09) 298-8526

Address: 2 Ron Keat Drive, Papakura

Moana-Nui-a-Kiwi

Phone: (09) 275-8979

Address: Cnr Waddon Pl & Mascot Ave, Mangere

Otara Leisure Centre

Phone: (09) 275-8979

Address: 115 Bairds Rd, Otara

Pakuranga Recreation & Youth Centre

Phone: (09) 576-9739

Address: Entrance through
Williams Robert Rd, Pakuranga

Papatoetoe Centennial Pools

Phone: 278-4167

Address: Sutton Crescent, Papatoetoe

Papakura Recreation & Fitness

Phone: (09) 298-6852

Address: 294 Great South Rd, Papakura

Te Matariki Clendon Community Centre

Phone: (09) 269-0500

Address: Palmers Rd, Clendon

Totara Park Pool

Phone: (09) 267-7467

Address: Wairere Rd, Manurewa

Whiteside Pool

Phone: (09) 238-5240

Address: Kitchener Rd, Waiuku

NOTES

Marae in Auckland

AUCKLAND NORTH

Awataha Marae

Phone: (09) 487-0082 or (09) 486-5467

Address: 58 Akoranga Drive, Northcote

Motairehe Marae

Phone: (09) 429-0790 (Barrier) or

(09) 357-6138 (Auckland)

Address: Motairehe Rd, Motairehe,
Great Barrier Island

Ngātiwai O Aotea Kāwa Marae

Phone: (09) 429-0529 Office,
(09) 429-0070 Marae Building,
(09) 444-5727 Chairperson

Address: Kawa Rd, Great Barrier Island

Omaha Marae

Phone: (09) 422-6292

Address: Cape Rodney Access Rd, Leigh

Oruawharo Marae

Phone: (09) 423-8197

Address: 804 Oruawharo Rd, Wellsford RD 5

Puatahi Marae

Address: 3539 Kaipara Coast,
Warkworth RD 4

Te Hana - Te Ao Marama

Phone: (09) 423-8708

Address: 313 State Highway 1, Te Hana,
Wellsford

Te Kamaka Marae

Phone: (09) 480-7784

Address: 103 College Rd, Northcote

Te Taua Moana Marae

Phone: (09) 445-5407

Address: Jim Titchener Parade, Devonport

AUCKLAND WEST

Auhia Ki a Mōhio Ki a Rangatira

Phone: (09) 827-6063

Address: Great North Rd, Kelston

Haranui Marae

Phone: (09) 420-7675

Address: 64 Haranui Rd, Parkhurst,
Te Awaroa/ Helensville

Hoani Waititi Marae Trust

Phone: (09) 818-2323

Address: 451 West Coast Rd, Glen Eden

Kōtuku Marae

Phone: (09) 834-3012

Address: 16 Kōtuku St, Te Atatu North

Panuku Marae (Te Puawai Rangatahi)

Phone: (09) 838-6939

Address: 31 Henderson Valley Rd, Henderson

Rūaumoko Marae

Phone: (09) 827-9812

Address: Archibald Rd, Kelston

Te Aroha Pā

Phone: (09) 420-5683

Address: 2558 Kaipara Coast Highway, Araparera

Te Kia Ora Marae

Phone: 021 795 472

Address: 2263 Kaipara Coast Highway, Kakanui

Te Mahanahana Marae

Phone: (09) 831-0500

Address: 274 Don Buck Rd, Massey

Te Piringatahi o te Maungārongo Marae

Phone: (09) 416-9244

Address: 7/19 Luckens Rd, West Harbour

Te Roopu O Kakariki Marae

Phone: (09) 817-8634

Address: Godley Rd, Green Bay

Whiti Te Rā Marae O Rēwiti

Phone: (09) 817-8634

Address: 1285 State Highway 16,
Waimauku 0842

Phone: 817 8634

AUCKLAND CENTRAL

AUT Ngā Wai O Horotiu Marae

Phone: (09) 921-9999 Ext. 8819
Address: Corner of St Pauls and
Wellesley Streets, Auckland Central

Kahurangi Ki Maungawhau Marae

Phone: (09) 307-4180 Ext. 865 or
027 392 6832
Address: Auckland Girls Grammar,
Howe St, Auckland Central

Ōrākei Marae

Phone: (09) 521-4291
Address: 59b Kitemoana St, Orakei

Piritahi Marae

Phone: (09) 372-8860
Address: Tahatai Rd, Blackpool, Waiheke Island

Ruapōtaka Marae

Phone: (09) 570-5340
Address: 106 Line Rd, Glen Innes

Tatai Hono Marae

Phone: (09) 377-5400
Address: 8 Burleigh St, Grafton

Te Aka Matua ki te Pou Hawaiki

Phone: (09) 623-8899 Ext. 48595
Address: University of Auckland, Te Puna
Wānanga, Gate One,
78 Epsom Avenue, Epsom

Te Māhurehure Cultural Marae Soc Inc.

Phone: (09) 299-7659 or (09) 267-7825
Address: 73 Premier Ave, Pt Chevalier

Te Poho O Tāmaki Marae

Phone: (09) 521-1104
Address: Elstree Ave, Glen Innes

Te Tira Hou

Phone: (09) 527-1467
Address: Corner of Tripoli & Caen Roads,
2A Caen Rd, Panmure

Te Unga Waka Marae

Phone: (09) 520-0861
Address: 1 Clyde St, Epsom

Te Noho Kotahitanga

Phone: (09) 849-4180
Address: Carrington Rd, Mt Albert

Waipapa Marae

Phone: (09) 373-7599 Ext. 88738
Address: Wynyard St, Auckland Central

AUCKLAND SOUTH

Auckland Mataatua Society Inc. (Mataatua Marae)

Phone: (09) 275-4004 or 021 0229 7037
Address: 17 Killington Crescent, Mangere

Kia Aroha Marae

Phone: (09) 274-5807
Address: 51 Othello Drive, Otara

Makaurau Marae

Phone: (09) 255-5450
Address: 8 Ruaiti Rd, Ihumatao, Mangere

Manurewa Marae

Phone: (09) 267-8768
Address: 81 Finlayson Ave, Manurewa

Ngāti Otara Marae

Phone: (09) 274-9064
Address: Corner of Gilbert Rd and Otara Rd,
Otara

Ngā Hau E Whā O Pukekohe Marae

Phone: (09) 238-8808
Address: 88 Beatty Rd, Pukekohe

Ngā Kete O Te Aroha Marae

Phone: (09) 274-5782
Address: 2 Alexandra Crescent, Otara

Ngā Kete Wānanga Marae

Phone: (09) 968-8000 Ext. 7119
Address: MIT, Gate 12, NC Block,
North Campus, Otara Rd, Otara

Ngā Tai E Rua Marae

Phone: (09) 236-8106
Address: 16 Carr St, Tuakau

Ngā Tapuwae O Mataaho Marae

Phone: (09) 255-0404 Ext. 711
Address: 253 Buckland Rd West, Mangere

Ngā Whare Waatea

Phone: (09) 275-0771 or 027 226 9324
Address: c/- 31 Calthorpe Close, Mangere

Ngāti Kohua

Phone: (09) 292-8882
Address: 877 Clevedon KawaKawa Rd,
Clevedon

Oraeroa Marae

Phone: (09) 232-9546
Address: Stack Rd, Port Waikato, Tuakau RD 5

Pakau Marae

Phone: (09) 275-3230
Address: 1648 Port Waikato Rd, Tuakau RD 1



COMMUNITY FACILITIES

Phone: (09) 298-3877
Address: 29 Hunua Rd, Papakura

Papatūānuku Kōkiri Marae

Phone: (09) 256-1472 or 0274 974 998
Address: 141 Robertson Rd, Mangere

Pūkākī Marae

Phone: (09) 275-7533
Address: 163 Pūkākī Rd Extn, Mangere

Pukerewa Marae

Phone: (09) 233-3029 or 021 048 1190
Address: 470 Pukerewa Rd, Waikaretu,
Tuakau RD 5

Reretewhioi

Phone: (09) 235-8605
Address: Tahurangi Rd, Waiuku

Tāhuna Marae

Phone: (09) 235-7513
Address: Tāhuna Pa Rd, Waiuku

Te Awamārahi

Address: 529 Port Waikato Rd, Tuakau

Te Karaiti Te Pou Herenga Waka

Phone: (09) 275-5335 or (09) 257-3265
Address: Cnr of Orly Rd and Waddon Pl,
Mangere

Te Mānukanuka o Hoturoa

Phone: (09) 256-8148
Address: Tāmaki Herenga Waka,
(off Uenuku Way), Auckland Airport

Te Pou Herenga Waka Marae

Phone: (09) 268-3950
Address: Dr Pickering Ave, Manurewa

Te Puea Memorial Marae

Phone: (09) 636-7017
Address: 41 Miro St, Mangere Bridge

Te Tahawai Marae

Phone: (09) 577-0409
Address: 32 Edgewater Drive, Pakuranga

Te Toku Toru Tapu

Phone: (09) 292-8882
Address: 879 Clevedon Rd, Clevedon

Te Whare Wānanga O Owhairoa

Phone: (09) 532-8618
Address: 35 Uxbridge Road, Howick

Tikirahi Marae

Phone: (09) 236-8036
Address: Te Kohanga Main Rd, Port Waikato,
Tuakau RD 3

Umupuia Maraе

Phone: (09) 296-6504
Address: 163 Maraetai Coast Rd, Clevedon

Whaiora Marae

Phone: (09) 274-6554
Address: 14 Otara Rd, Otara

NOTES

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