

⌘ Fathers and Separation

**Also, see the Cant'y Men's Centre flyer "Fathers and Separation"*

Father and Child Trust: on-going support and education for fathers, groups/courses/talks/ and a superb magazine.
fatherandchild.org.nz | (03) 982 2440

Mensline Support Group: (See Men's Groups P.T.O)

Parenting through Separation: Two-2 hour sessions that coach you on how to separate well. Lots of different providers in Cant'y so call the Family Court for more info
| (03) 962 4000

Family Court Coordinators: free couples counseling, support to learn about FC processes
| (03) 962 4000

Family Court Consumers Trust: If you are not using a lawyer and are applying to the Family Court | **(03) 348 9047**
or contact aneilson@xtra.co.nz

Christchurch Community Law Centre: Free legal information and advice on family law issues and Court processes.
canlaw.org.nz | (03) 366 6870

Legal Options: Experienced family lawyers providing assessment and advice for a set fee. Could save you some grief.
legaloptions.co.nz | (03) 365 8280

Blended Families: weekly step-parenting group at WEA, first Monday each month, 7:30-9:30, call Don or Wendy on
| 027 688 2061

Union of Fathers: peer support with family court issues
uof.org.nz | 07 928 4323

Parentline: **| 0800 657 27368**

⌘ Addictions

Alcohol Drug Helpline: (national service based in ChCh)
10 am- 10 pm 7 days **| 0800 787 797**

Narcotics Anonymous: Tue 7:30pm Southern Men's: Bridge Aftercare, 27 Collins Street, Addington
nzna.org/drugproblem/meetingslists.shtml

Problem Gambling: The Problem Gambling Foundation men's group meeting every Tuesday 6:30-8:30pm, 6 month commitment, Problem Gambling Foundation.
For more information **| (03) 379 2824**

Gambling Helpline: 0800 654 655, 7 days 8am-10 pm

Sex Therapy New Zealand: Counselors | **0800 739 843**

Overeaters Anonymous: 12 step programme for men and women dealing with compulsive eating, anorexia, bulimia, obesity and overeating. Six meetings per week, no membership fee.
| (03) 365 3812

Active Recovery Centre: drop-in 213 Tuam St. , 9-3 Mon/Tues/Wed, 9-late Thurs/Fri/Sat
| (03) 366 6661

The Canterbury Men's Centre

Our goal is to produce happy, healthy, Canterbury men through local community services. We do this by:

- Providing drop-in/referral support.
- Ensuring required services exist.
- Promoting and supporting existing services for men and boys

CALL US FOR FURTHER INFO AT (03) 940 9487

Canterbury Men's Centre

141 Hereford St., Christchurch Community House

info@canmen.org.nz | canmen.org.nz

Want to make a difference for Canterbury men?

- Ask us how you can volunteer to help out
- Make a regular or one off donation either by cheque or internet
- Make a bequest
- Payroll giving. Did you know you can now arrange for payments directly from your wages? Just take this to your accounts person and ask them to make the arrangements.
- Visit canmen.org.nz and click donate.

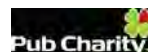


We are a registered charity so all donations are tax deductible

OUR BANK ACCOUNT DETAILS ARE:

Canterbury Men's Centre A/c number: 031355 0552095 00
Charities Commission Registration No. CC10647
Call or e-mail us for more information.

Our generous funders include:

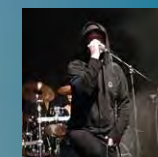
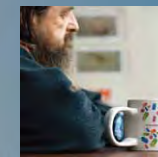


Funding for this brochure provided by **First Sovereign**

services for **MEN**



**CANTERBURY
MEN'S CENTRE**



👤 Want to Join a Men's Group?

*Contact us to find a group that is right for you

MensLine Support Group: open, facilitated, weekly men's group, 21 years experience. Tuesday night 7:30-9:30 at Christchurch Community House, 141 Hereford St.

Cost \$5 | (03) 365 4239

MensTrust: Men's groups, men's weekends and events
menstrust.org.nz | (03) 940 9487

ManKind Project: Open Meetings Tuesday nights. Bring your authentic self to an evening of support and challenge.
mkp.org.nz | 021 475 900

Addington Men's Group: regular Tuesday outings. Addington Community Cottage | (03) 338 1613

Sydenham Outings for Men: Tuesday afternoon 1-3, also day outing first Tuesday. Gold coin donation. Contact Liam | (03) 337 2731

Hei Hei Men's Group: meets at St. Aidans Church 126 Hei Hei Road (cnr Hei Hei & Buchanans Roads) on the second Friday of each month. Phone Tracey Buunk (group coordinator) | (03) 342 5864

Promise Keepers: Christian Men's Groups see w3.promisekeepers.org.nz/christchurch.html

Men on a Mission: running twice per year on a weekday with free lunch and trips around Chch.

Ph Jeff Jones (03) 366 8128 (Salvation Army) or
Ph John Coyle (03) 366 6745 (Methodist Mission)

Men Relating: eight week course to develop respectful relationships, new communication skills and resolve conflict. Contact Relationship Services Whakawhanaungatanga | (03) 366 8804

Dad's Relating: eight week course for dads wanting to parent better. Contact Relationship Services Whakawhanaungatanga | (03) 366 8804

Pascha Centre Men's Group: A monthly facilitated men's group using intuitive therapy, 3rd Thursday of the month, 7:30 pm, at 165 Madras St., cost \$20, for more info call | (03) 374 2526

👤 Youth

Tracks: Turning Boys into Men, 5 day "Rites of Passage" events. | tracks.net.nz

Q-Topia: for gay youth (see Gay Men)

Enabling Youth: 12 week co-gender facilitated programme providing group or individual support to young people. Focuses on ways to cope with frustration, anger, and violence. | (03) 365 6266



👤 Community Groups

Male Survivors of Sexual Abuse Trust: one to one and group support for male survivors, in a safe environment, experienced staff. survivor.org.nz | (03) 377 6747

Father and Child Trust: on-going support and education for fathers, groups/courses/talks/ and a superb magazine fatherandchild.org.nz | (03) 982 2440

START: Sexual abuse counselling service | (03) 355 4414

Men at Work: a course for men seeking to enter/return to/move inside the workforce contact Tony at Kingdom Resources. | (03) 332 1700

Men's Advocacy Network: a forum for men in the community linking with political rep's. First Friday every month, 11:45, 141 Hereford St. Canterbury Men's Centre | (03) 940 9487

Luna House: course for men living with women with menstrual cycles/going through menopause | (03) 332 5755

👤 Health

Menz Medical: A general practice for all your health needs 158 Fitzgerald Ave. menzmedical.com | (03) 981 8181

Hearing Therapy Services: Free hearing tests | 0800 008 011

Sexual Health/Family Planning: Free sexual health assessment, birth control, treatment, advice and counselling. 33 St Asaph St. | (03) 364 0485

Prostate Cancer Foundation: meeting third Tuesday of the month, Cancer Society, Manchester and Kilmore Street, 7:30 pm, access via side door off from the carpark. For men and family affected by prostate problems. prostate.org.nz | 0800 627 277

👤 Mental Health

Step Ahead Trust: Men's group for men with a mental illness that are independent and safe with themselves and others, contact Kevin Muir at kevin@stepahead.org.nz | (03) 389 4001

National Depression Support Line: | 0800 111 757

Lifeline 24 hrs: | (03) 366 6743 or 0800 543354

Psychiatric Consumers Trust: Offers Peer Support and Advocacy for people needing support with Work & Income, ACC or other services and a social drop-in centre. pctrust@extra.co.nz | (03) 366 8288 Call for open hours

South Island Advocacy Service: | 0800 377 766 or (03) 377 7501

👤 Stopping Your Violence

He Waka Tapu: programmes to stop your violence against women and children for Maori men and men with Maori whanau hewakatapu.org.nz | (03) 373 8150

Stopping Violence Services: group and individual counselling angermanagement.org.nz | (03) 365 6266 (also see our youth section)

The Goals Centre: One-on-one stopping violence, 8 week course. goalscentre.co.nz | (03) 3664132

STOP Programmes: Treatment/therapy for men/boys who've sexually abused/offended and for boys with sexually harmful behaviours. Support/education for family members. stop.org.nz | (03) 374 5010

👤 Stopping Their Violence

Police: call Family Violence Coordinator | (03) 363 7400

Cant'y Men's Centre: (03) 940 9487 to discuss options

Father and Child Trust: | (03) 982 2440

Victim Support: | (03) 363 7643

Child Youth and Family: | 0508 326 359

👤 Gay Men

New Zealand Aids Foundation: Free counselling, a range of events and info. nzaf.org.nz | (03) 379 1953

Gay options in Christchurch: gaynz.com/community/gay-chc.php

Koru Men's Group: For men leaving heterosexual relationships, contact the Canterbury Men's Centre

Q-topia: Events/support for gay youth qtopia.org.nz | 021 175 3631

Outline NZ (for gay men): | 0800 OUTLINE

AIDS Hotline: | 0800 802 437

Gayline: | (03) 379 4796

👤 Recommended Counsellors

Rata Counselling Centre: ratacounselling.org.nz | (03) 332 5388

Home and Family Society: homeandfamily.net.nz | (03) 379 5645

Petersgate Counselling Centre: petersgate.org.nz | (03) 343 3391

CALL US FOR FURTHER INFO AT | (03) 940 9487