

Services Listing

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

Family Court: 85 Armagh Street, Chch **03 962 4254** to talk to a FC Coordinator or drop in, free counselling support to sort through things.

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

Father & Child Trust: drop in hours 10-2 Mon-Fri, support and education for fathers, groups/ courses/ talks/and a superb magazine. **03 982 2440**
www.fatherandchild.org.nz

Blended Family Support Group: 7:30 pm, first Monday of the month and Courses, in the WEA rooms 59 Gloucester St.

Legal Options: For sound legal assessment and advice. Knowing your options first could save you some grief. Set fee and legal aid work undertaken. **03 365 8280**
www.legaloptions.co.nz

MensLine: Open, facilitated, weekly men's group on Tuesday nights, 7:30-9:30 Cost \$5

Parenting through Separation: Two 2-hour sessions that coach you on separation. Call the Family Court for a listing of these. **03 962 4000**

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

Fathers and Separation
http://fatherandchild.org.nz/fcarchives/special_interest.html

The Fathers Section
<http://nzmera.orconhosting.net.nz/menlinks.html>

Legal Options
"Going it Alone" <http://www.legaloptions.co.nz/page1/page9/page9.html>

All the forms you need
<http://fathers.orconhosting.net.nz/>

National Telephone Support

Alcohol Drug Helpline (national service in ChCh) **0800 787 797**
10 am - 10 pm, 7 days.

National Depression Support Line **0800 111 757**

Outline NZ (for gay men) **0800 OUTLINE**

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

Lifeline 24 hrs 03 366 6743 or **0800 LIFELINE**

Parentline **0800 OKPARENT**

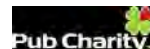
Canterbury Men's Centre

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

- Working with existing services to optimise their work.
- Ensuring required services are provided.
- Providing drop-in/referral support.

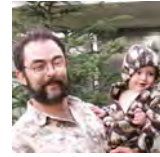
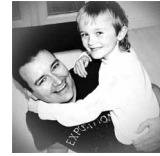
Canterbury Men's Centre
141 Hereford St.
Christchurch Community House
email info@canmen.org.nz **03 940 9487**

Our generous funders include:



Funding for this brochure provided by

Fathers and Separation



**CANTERBURY
MEN'S CENTRE**

Is it really over?

Relationships go through ups and downs. If you think you can still work things out, ask the Family Court for free counselling support.

She isn't saying? Many men are pushed out without a clear verbal statement that the relationship is over. This is usually the end of the relationship and she is avoiding conflict until the practical parts of the separation are finished (one of you moves out, DPB starts up...). Go forward assuming it is over.

It's Really over!

The dads we see are usually dealing with a mix of the following issues:

- Loss of consistent time with the kids
- No real say in parenting decisions
- Feeling like being at her mercy for access to the children
- Too much time with the kids (when you are the sole parent)
- Jealousy over a new man
- Having to set up a new home and sleep under a new roof
- Financial stress due to child support, family court costs and having to set up again
- Acrimony with their ex-partner/wife leading to pain and anger
- Grief, shame, feelings of failure
- Loss of spare time (work, then kids, work, then kids...)
- Depression
- Alcohol/drug/smoking/gambling/sex addiction as an attempt to cope

Advice from other guys:

- Do not give up your fair share of the **relationship property**. You still have to care for yourself and children. It is ok to wait a while before pressing ahead with property settlements.
- Maintain a hold of at least a part of your combined cash assets and valuables (including electronic gadgets).
- Don't assume their share of your joint debts.
- Inform any major existing debtors right away.
- Get your own bank account right away and have your salary paid into it.
- Get your expensive stuff out of the house (if you are the one moving out).
- Put a stop to any joint credit card.
- Write to your landlord saying that you are exiting the lease.

Ask other people you know about their separation and what worked. Invite them out for a beer/coffee and really get the full story.

Self-Care A new situation will require you to use new coping skills. To be a good dad in this situation you've got to take care of yourself.

- Exercise more - e.g. riding a bike or walking to work, jogging just get active
- See your GP and get your health checked out. Have an honest chat with them about any problems you are having such as drinking/gambling/drugs or negative thoughts. Ask about a "Green Prescription"
- Go to MensLine every Tuesday night
- Talk to the guys at Father & Child Trust or the Canterbury Men's Centre about what is going on.

We suggest couples work it out together and avoid the Family Court processes. Ironically, the Family Court are the best people to contact to find out how to do this. Use their Parenting Thru Separation programme, and their free counselling services, 6 sessions per year.

Family Court Proceedings

It is a difficult process to go through but unfortunately sometimes necessary. We suggest the following;

- make an appointment with a Family Court Coordinator, very possibly they can help you avoid using a lawyer
- talk to **Legal Options** to get an assessment of your situation, come up with a strategy, and then select the right lawyer for your situation.

Learn About the Family Court

- Meet other guys at MensLine that have experience.
- Check out Union of Fathers*
- Look at "On the Web"*
*(see the services listing)

Representing Yourself?

Talk to Family Court Consumers Trust to get some experienced backup.

"Your kids need you more than you know. Don't kid yourself, and don't let anyone else kid you about that."

Taking the long view

You are a dad for the rest of your life. Her behaviour now will be a memory before you know it, but your children's memory of the separation is part of your legacy to them.

In the interest of your kids do not say negative things about their mother. Tell them that you support them loving their mother, even if it isn't reciprocated. Your kids need this from you.

New partners can be a blessing, but avoid introducing them to the kids until the relationship is well-established. **The Blended Family group** is a useful forum to support any new partners.

Suicidal thoughts?

Negative thoughts are too common with the grief of separation. Don't get too low, your kids need you. Seek help by;

- Seeing your GP and tell them how you feel. They can look at a range of options with you.
- Calling the CMC or Father and Child.
- Get to the Christchurch based MensLine group on a Tuesday night.
- Phone Lifeline Christchurch at 03 366 6743 or 0800 Lifeline

