



## Contact Family Works

### Auckland

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Email: admin.lesliecentre@fwn.org.nz

### East Auckland

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### Manukau

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### North Shore

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### Rotorua

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### Taupo

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### Tauranga

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### Waikato

Te Ara Hou, 100 Morrinsville Road, Silverdale, Hamilton 3216  
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### Waitakere

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### Whakatane

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### Whangarei

Genesis Centre, 16 Mair Street, Whangarei 0112  
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*“The key thing for young people is that they have the opportunity to express their feelings and be heard.”*

[www.northern.familyworks.org.nz](http://www.northern.familyworks.org.nz)  
[www.facebook.com/familyworksnorthern](https://www.facebook.com/familyworksnorthern)

A service provided by



**Presbyterian Support**

Northern



*Unhappy?  
Bullied?  
Feeling Unsafe?*

*Counselling for young people affected by abuse*

## Are you **worried** about things you've seen or experienced?

When home no longer feels safe and families break apart, it can be shattering and painful.

You may have experienced abuse yourself or watched people who are close to you being hurt. You might know something is wrong but not know where to turn or who you can trust to ask for help.

Abuse is when someone...

- ... hits, punches or kicks you
- ... touches your body without your permission
- ... puts you down, calls you names or bullies you
- ... doesn't look after you properly
- ... hurts other people in your family.

Family Works Northern provides free counselling for children and their families whose lives are affected by abuse of any kind.

If you're under the age of 17 you can be referred by family members or caregivers, or by a doctor, your school, a social worker or another agency. You can also ask for help yourself.

A Family Works counsellor will meet with you to work out what you can do to keep yourself safe. They can support your whole family or just you by yourself.

*"I liked talking about the things that were bothering me. It helped me feel better about stuff and about myself and it was good to laugh again."*



## Family Works counselling encourages you to:



- feel better about yourself
- become more confident
- manage your emotions
- identify and build on your strengths
- know who to go to and how to ask for help
- keep yourself safe
- learn about managing problems.

### Who are we?

Family Works is a free, professional service which works alongside children and their families to strengthen relationships and address issues like violence and conflict.