

Contact Family Works

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“The counselling has helped my daughter deal with her emotions in ways I could not have explained. I am very happy with the service provided by Family Works.”

“My children are finally coming out of their shells.”

“The key thing for children and young people is that they have the opportunity to express their feelings and be heard.”

www.northern.familyworks.org.nz
www.facebook.com/familyworksnorthern

A service provided by



Presbyterian Support

Northern



*Counselling for
children and
young people
affected by
abuse*



“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.”

*Are you **concerned** about things your child may have seen or experienced?*

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

Children and young people may have experienced abuse themselves or watched people who are close to them being hurt.

Abuse is when someone...

- ... hits, punches or kicks people
- ... touches a person's body without permission
- ... puts a person down, calls them names or bullies them
- ... doesn't look after their family properly
- ... hurts others in the family.

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

Children and young people up to age 17 can be referred by family members or caregivers, or by a doctor, school, social worker or another agency. High school-aged young people can also ask for help themselves.

A Family Works counsellor will meet with you and your family to work out what you can do to keep yourselves safe. They will choose activities that suit each person's age, and can work alongside the whole family or each person by themselves.

Family Works counselling encourages children and young people to:



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

Who are we?

Family Works is a free, professional service which supports children and their families to address issues like violence and conflict. We're part of Presbyterian Support Northern, a charitable social services provider which strengthens New Zealand families as they face life's challenges.