

# What's On?

Prep 4 Parenting—Antenatal

Parenting Education

Out Reach Services

One to One Support

Social Work

Young Dads Group

Young Mums Support Group

Leadership and Volunteer  
Opportunities

You can find us at our Central Hub:

773 New North Road, Mt Albert

09 551 4367

Or our West Hub:

34 Lincoln Rd, Henderson

09 213 9658

Referrals line (for any referrals into our  
services)

09 551 4368

Thrive works in collaboration with:



Thrive is supported by :



ASB Community Trust  
Te Kaitiaki Putea o Tamaki o Tai Tokerau

supported by ASB



Empowering  
young parents  
to build thriving families  
and lead fulfilling lives



## A brief look at some of Thrive Teen Parent Support Trust services

### Prep 4 Parenting

A term time antenatal group that covers what you need to know for your pregnancy, birth and those early weeks with your new baby. Facilitated by qualified child birth educators and Thrive. Groups are currently held in West and Central Auckland. Dads, family members and friends welcome. Contact Antenatal Coordinator Kate on 021 069 7105.

### Infant Massage

A term time massage group that's perfect for young parents and their new born babies. Designed to create a bonding connection between parent and child as well as enhancing the long term benefits of massage for your infant.

### Casework

The project's social workers support young parents on a one to one basis, in the context of their family and community. The aim of this service is to provide additional support to those who most need it, in any aspect of their lives such as relationships and family, housing, safety, health etc and is designed to give longer term, more intensive support with the view to creating action plans for the future.

Zee covers Waitakere; Betty covers Central Auckland. For Central contact 09 551 4367, West 09 213 9658.

### Young Mums Support Group (YMSG)

This programme runs term time and is coordinated by the social workers. This is a closed group for up to 12 participants which covers a range of topics including self esteem, goal setting, parenting, relationships, first aid and family planning provided 'in house' and by guest speakers. It also uses a creative arts approach to generating conversations and ideas with the young mums. Based upon these naturally occurring discussions, future sessions are planned so that the items that are most relevant to that group can be looked at.

### Young Dads

A mentoring group exclusive to young fathers under the age of 24. This service is in collaboration with the Glen Innes Family Centre that provides a safe fun environment for young fathers to meet with their mentors on a regular fortnightly basis. Groups run in East and Central Auckland. Contact the Young Dads Navigator Nick on 021 TEENS 2 for more information.

### Parenting Education

Term time opportunity for parents to take part in a fun and educational programme developed to support the journey through parenthood. Led by skilled facilitators, the programme is suited to both young mums and dads. Options available in both west and central Auckland.

### Teen Parent Agency Network (TPAN)

Quarterly network meetings bring together professionals from a variety of organisations, including health, housing, social sector, education and specialist services, who work in some capacity with young parents. TPAN provides those with an interest in working with teen parent families access to a network environment with the opportunity to develop new collaborations, identify gaps in their knowledge and services, and engage in training opportunities.

Thrive also sends out a monthly E-Newsletter with information about upcoming groups with other agencies, work and vacancies.

If you would like to find out when TPAN meets email Sharleen at [admin@thrive.org.nz](mailto:admin@thrive.org.nz) and ask to be added to the database.

