



# He Ara Takahinga

## DIRECTORY



A Directory of Services in Auckland to Support  
**Whānau Ora**

New Zealand Government





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Reference to third-party providers of services in this Directory does not constitute an endorsement by either Auckland District Health Board or Te Rūnanga O Ngāti Whātua of the parties or their products and services.



# He Mihi

E ngā iwi, e ngā reo, e ngā karangarangatanga maha o te ao  
Tēnā koutou katoa

Ka nui te mihi ki ō tātou tini mate  
i hinga atu nei, i hinga atu nā mai te Rerenga Wairua  
ki te Whanganui-a-tara  
whakawhiti ana Te Moana a Raukawa  
tae atu ki te Waipounamu  
whakawhiti atu ki te Rakiura mutu atu ki Rekohu.

Haere atu koutou ki te putahitanga ō Rehua  
ki te huihuinga o te Kahurangi  
oti atu koutou ki reira e moe.

Ka hoki mai kia tātou ngā morehu kanohi ora o rātou mā  
Tēnā ano tatou katoa  
Anei He Ara Takahinga i ruia mai  
i runga o Tamaki Makaurau whānui.

Tirohia whanuitia i ngā wharangi e hiahia ai koe  
mo ngā rārangi korero katoa mou.

No reira, e te tī e te tā, te iti me te rahi  
Tena koutou katoa.

Mauri Ora!




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### KEY to Cultural Specific Services

- M** Māori Specific  
**P** Pacific Island Specific





# Kupu Whakataki

## Introduction

This Directory of services has been developed to assist whānau in Auckland to access relevant and needed services to support them on their journeys to create and maintain sustainable and vibrant futures. The title of the Directory, He Ara Takahinga, is significant as it is symbolic of the tramping of a pathway toward wellness.

The cover of this Directory is also symbolic of our journeys toward whānau ora. The centre of the design, the koru, represents new life and symbolises a whānau member (whether that be a parent, grandparent, or other) cradling a child. The swirls around the koru represent the everyday challenges of life, and the image of the ferns in the background represents the harmony with the world that we all strive for. The panels of colour moving from the left to the right of the cover represent the various health services available to whānau. The application of those services is communicated by the various Pacific and Māori cultural patterns representing the whānau that will receive assistance.

The Directory focuses on first-point-of-contact services or those services where whānau can self-refer or refer whānau members without requiring a referral from another service provider. Its intention is to act as a resource for whānau as they navigate their way to becoming stronger, healthier and resilient whānau.

The Directory is separated into five sections – Education, Health, Social Services, Information Services, and Community Facilities. Each section is further divided into Auckland North (North Shore), Auckland West (Waitakere to Helensville), Auckland Central, and Auckland South. Providers of key services associated with each of the sections are listed in alphabetical order.

For ease of reference, throughout the Directory, Māori service providers and Pacific service providers are identified where it is helpful to distinguish between providers. This will aid those whānau who have a preference to access services that might more ably align to their cultural practices and heritage.

Enjoy the Directory. Mauri Ora!

# MĀTAURANGA EDUCATION

## Te Kohanga Reo & Puna Reo

### AUCKLAND NORTH

#### Ngā Pihi O Te Purapura Pai

Phone: (09) 483-4291  
Address: 140 Birkdale Rd, Birkdale

#### Ngā Tikanga Pono Te Kohanga Reo

Phone: (09) 480-0713  
Address: Kauri Glen Rd, Northcote

#### Ngā Whare Maha Te Kohanga Reo

Phone: (09) 479-6375  
Address: 7 A Ceres Court  
Email: whanau@ko2b020.kohanga.ac.nz

#### Te Hau Kapua Te Kohanga Reo

Phone: (09) 445-8641  
Address: 16 Roberts Ave, Bayswater-Auckland

### AUCKLAND WEST

#### Pomaria Te Kohanga Reo

Phone: (09) 837-0900  
Address: 33 A Pomaria Rd, Henderson

#### Puawairua Te Kohanga Reo

Phone: (09) 832-1994  
Address: 5 Beauchamp Rd, Massey

#### Te Hau Ora Te Kohanga Reo

Phone: (09) 818-5828  
Address: 8 Tamariki Ave, Kelston

#### Te Kotuku Kohanga Reo

Phone: (09) 834-4182  
Address: Kotuku St, Te Atatu

#### Te Kohanga Reo O Hoani Waititi Marae

Phone: (09) 818-2323  
Address: 451 West Coast Rd, Glen Eden

#### Te Kohanga Reo O Kakariki Marae

Phone: (09) 813-1412  
Address: 2 Janet Clews Pl, Glen Eden

#### Te Kohanga Reo O Te Maungarongo

Phone: (09) 476-4720  
Address: 19 Luckens Rd, West Harbour

#### Te Puna Reo O Manawanui

Phone: (09) 834-9336  
Address: 36 Titoki St, Te Atatu Peninsula  
Email: puna\_reo@xtra.co.nz

#### Te Reo Tohu Aroha Te Kohanga Reo

Address: 467-469 West Coast Rd, Glen Eden  
Email: janinephillips81@hotmail.co.nz

#### Te Rito O Waipareira

Phone: (09) 837-7120  
Address: 5 Edmonton Rd, Henderson  
Email: tamariki@wai-trust.co.nz

**Te Ngākau Mahana Te Kohanga Reo**

Phone: (09) 836-0507

Address: 22 A Smythe Rd, Henderson

**Te Ohonga Reo O Akongatia**

Phone: (09) 833-6160

Address: 8 Sari Pl, Massey

Email: toroa1@slingshot.co.nz

**AUCKLAND CENTRAL****Hineteiwaiwa Te Kohanga Reo**

Phone: (09) 373-7599

Address: 16 Wynyard St, Auckland CBD

**Ngā Purapura Puawai Early Childhood Centre**

Phone: (09) 571-2098

Address: 12A Umere Crescent, Ellerslie

Email: manager@twp.org.nz

**Ritimana Kohanga Reo Childcare Centre**

Phone: (09) 376-3076

Address: Richmond Rd School, Ponsonby

Email: ritimana@xtra.co.nz

**Te Arapeta Te Kohanga Reo**

Phone: (09) 527-6314

Address: 49 Courts Crescent, Panmure

**Te Arapeta Whānau Te Kohanga Reo**

Phone: (09) 527-6314

Address: 49 Courts Crescent, Panmure

**Te Kohanga Reo O Te Taurere**

Phone: (09) 528-4944

Address: 5 Navarre Rd, Glendowie

**Te Kohanga Reo O Puau****Te Moana-Nui-A-Kiwa Kōngahunga**

Phone: (09) 528-7522

Address: 26 Farrington St, Glen Innes

**Te Puna Reo Maori O Nga Maungarongo**

Phone: (09) 846-4698

Address: 140 Haverstock Rd, Mount Albert

Email: admin@tepunareo.co.nz

**Te Puna Reo O Wairaka**

Phone: (09) 815-4321

Email: tepunareowairaka@xtra.co.nz

Address: 139 Carrington Rd, Point Chevalier

**Te Tira Hou Te Kohanga Reo**

Phone: (09) 570-1387

Address: 2A Caen Rd, Panmure

**AUCKLAND SOUTH****Absolutely Fabulously Kids**

Phone: (09) 267-7082

Address: 48 Tawa Crescent, Manurewa

Email: lynda.afk@live.com

**Hūmārie Kohanga Reo**

Phone: (09) 299-2630

Address: 25-33 Station Rd, Takanini

Email: whanau@k03i021.kohanga.ac.nz

**Kiwitoa Te Kohanga Reo**

Phone: (09) 296-0911

Address: 6 R Liddy Pl, Papakura

**Ki Tāmaki Rawhiti Kohanga Reo**

Phone: (09) 273-1498

Address: 196 S Preston Rd, East Tamaki

**Manaaki Whānau Roopu Tupuranga**

Phone: (09) 267-2763

Address: 108 Mahia Rd, Manurewa

Email: manaakiwhanau@xtra.co.nz

**Ngā Hau E Wha Te Kohanga Reo O Pukekohe**

Phone: (09) 238-7215

Address: 92 Beattys Rd, Pukekohe

**Ngā Kākano O Te Manuka ELC**

Phone: (09) 255-1408

Address: 10 Canning Crescent, Mangere

Email: nkm@twoa.ac.nz

**Ngā Puāwai O Wikitōria Te Kohanga Reo**

Phone: (09) 296-2143

Address: 32F Old Wairoa Rd, Papakura

**Rongomai Te Kohanga Reo**

Phone: (09) 274-5279

Address: Rongomai Rd, Otara

**Tahuri Mai Kohanga Reo**

Phone: (09) 267-6818

Address: 77 Skyes Rd, Manukau

**Te Atawhai Kohanga Reo**

Phone: (09) 268-0547

Address: 59 Sharland Ave, Manurewa

**Te Hononga Puna Reo**

Phone: (09) 239-1150

Address: 19 Beatty Rd, Pukekohe

Email: thpr@ps.gen.nz

**Te Huinga Reo Kohanga Reo**

Phone: (09) 274-9326

Address: 52-S Otara Rd, Otara



**Te Kamaka Mātauranga Kohanga Reo**

Phone: (09) 268-1075  
Address: 94 Weymouth Rd, Manurewa

**Te Kohanga Reo Ki Papatoetoe Whānau**

Phone: (09) 279-9772  
Address: 67 K Swaffield Rd, Papatoetoe

**Te Kohanga Reo Ki Pikitia**

Phone: (09) 275-1304  
Address: 75 Comet Crescent, Mangere

**Te Kohanga Reo Manurewa**

Phone: (09) 267-0955  
Email: whanau@k03h011.kohangan.ac.nz

**Te Kohanga Reo O Mataatua Ki Mangere**

Phone: (09) 275-4179  
Address: 17 Killington Crescent, Mangere

**Te Kohanga Reo O Ngāti Otara Marae**

Phone: (09) 274-8927  
Address: 100 Gilbert Rd, Otara

**Te Kohanga Reo O Pukeroihi**

Phone: (09) 298-2106  
Address: 44 A Beach Rd, Papakura

**Te Kohanga Reo O Te Rangimaria O Otahuhu**

Phone: (09) 279-3974  
Address: 218 Puhinui Rd, Papatoetoe

**Te Kupenga Te Kohanga Reo**

Phone: (09) 279-3974  
Address: 25 Othello Drive, Otara

**Te Manawa Tapu O Te Kapu**

Phone: (09) 274-3860  
Address: 20 Otara Rd, Otara

**Te Maunga Kohungahunga Kohanga Reo**

Phone: (09) 298-4943  
Address: 18s Bates St, Papakura

**Te Ngaru Whare Akonga**

Phone: (09) 267-7272  
Address: 460 Porchester Rd, Manurewa  
Email: tengaru460@windowslive.com

**Te Ngaru Whare Akonga Onepu**

Phone: (09) 267-7272  
Address: 460 Porchester Rd, Manurewa

**Te Otinga Ki Tāmaki Kohanga Reo**

Phone: (09) 276-6421  
Address: 77 Wymondley Rd, Otara

**Te Paa Harakeke Reo**

Phone: (09) 622-0939  
Address: Miro Rd, Mangere

**Te Piringa Ki Otara Kohanga Reo**

Phone: (09) 273-2994  
Address: 10 Pearl Baker Drive, Otara  
Email: whanau@k03f067.kohanga.ac.nz

**Te Puāwaitanga Ki Manurewa**

Phone: (09) 266-7506  
Address: 25 Fergusson St, Manurewa

**Te Rāhuitanga Kohanga Reo**

Phone: (09) 274-6322  
Address: 55 Alexander Crescent, Otara

**Te Reo Rangatira Ki Whaiora TKR**

Phone: (09) 274-6554  
Address: 20 Otara Rd, Otara

**Te Timatanga Kohanga Reo**

Phone: (09) 266-1150  
Address: 7 Berkeley Ave, Manurewa

**Te Wiri Kohanga Reo**

Phone: (09) 263-7114  
Address: 27 Kerrs Rd, Manukau Central

**White Heron Learning Centre**

Phone: (09) 266-0895  
Address: 16 Jellicoe Rd, Manurewa  
Email: jkhood@xtra.co.nz

**Whakatipuranga Ki Otara Te Kohanga Reo**

Phone: (09) 274-5383  
Address: 21 Waimate St, Otara

**Whatāpaka Marae Te Kohanga Reo**

Phone: (09) 292-7225  
Address: Whatapaka Rd, Papakura

**Whaia Te Mātauranga Te Kohanga Reo**

Phone: (09) 276-6094  
Address: 89 Vine St, Mangere East

# Engaging Priority Families

Engaging Priority Families is a Ministry of Education funded initiative that assists whānau with children under 5 years of age to access early childhood education. The initiative is focussed in priority suburbs of Auckland and support can be accessed by contacting the relevant provider below.

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## AUCKLAND WEST

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### **Te Whānau O Waipareira Trust**

*(West Auckland)*

Phone: 0800 924 942 or 027 566 7332

Address: Whānau Centre, Cnr Catherine &

Edsel St, Henderson

Web: [www.waipareira.com](http://www.waipareira.com)

### **Te Nuinga Education Trust**

*(Tuakau & Pukekohe)*

Mobile: 027 290 6001

Address: 72 Geraghty Maber Rd, Tuakau

### **Teuila Consultancy**

*(Mangere, Manukau & Manurewa)*

Phone: (09) 360-0257 or 027 454 3171

Address: 58 Asquith Ave, Mt Albert

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## AUCKLAND CENTRAL

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### **Ako Pai Ltd** *(Glen Innes)*

Mobile: 021 703 501

Address: 10 Beatty St, Otāhuhu

Email: [eric@akopai.co.nz](mailto:eric@akopai.co.nz)

### **Anglican Trust for Women and Children**

*(Tāmaki)*

Phone: (09) 276-3729 or 027 567 4126

Address: 10 Beatty St, Otāhuhu

Email: [info@atwc.org.nz](mailto:info@atwc.org.nz)

Web: [www.atwc.org.nz](http://www.atwc.org.nz)

### **Teuila Consultancy** *(Tāmaki)*

Phone: (09) 360-0257 or 027 454 3171

Address: 58 Asquith Ave, Mt Albert

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## AUCKLAND SOUTH

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### **Anglican Trust for Women and Children**

*(Papatoetoe, Manukau & Manurewa)*

Phone: (09) 276-3729 or 027 567 4126

Address: 10 Beatty St, Otāhuhu

Email: [info@atwc.org.nz](mailto:info@atwc.org.nz)

Web: [www.atwc.org.nz](http://www.atwc.org.nz)

### **Otara Boards Forum** *(Otara)*

Phone: (09) 271-4623 or 021 802 163

Address: 20 Otara Rd, Otara

# Parents As First Teachers

Parents As First Teachers (PAFT) is a home visiting programme of individualised support and information on child development, and how to foster early learning and education. The programme also monitors health screening (for example, ensuring immunisations are up-to-date) and provides links to other community services. PAFT programmes will provide support from before your baby is born until his or her third birthday. Contact one of the providers listed below to find out more about PAFT.

## AUCKLAND NORTH

### **Barnados NZ**

Phone: (09) 481-1160  
Address: 26 Kilham Ave, Northcote  
Email: [paft@barados.org.nz](mailto:paft@barados.org.nz)  
Web: [www.barnados.org.nz](http://www.barnados.org.nz)

## AUCKLAND WEST

### **M Te Whānau O Waipareira Trust**

Phone: 0800 92 49 42 or (09) 836-6683  
Address: Whānau House, 6 – 8 Pioneer St,  
Henderson  
Web: [www.waipareira.com](http://www.waipareira.com)

## AUCKLAND CENTRAL

### **Royal NZ Plunket Society**

Phone: (09) 570-1460  
Address: 139 Mt Wellington Highway,  
Mt Wellington  
Email: [paft03@plunket.org.nz](mailto:paft03@plunket.org.nz)  
Web: [www.plunket.org.nz](http://www.plunket.org.nz)

### **P Pasifika Education Centre**

Phone: (09) 260-4042  
Address: Building 4, 17 Lambie Drive, Manukau  
Email: [jocelyn@pec.ac.nz](mailto:jocelyn@pec.ac.nz)  
Web: [www.pec.ac.nz](http://www.pec.ac.nz)

## AUCKLAND SOUTH

### **Royal NZ Plunket Society**

Phone: (09) 262-5978  
Address: Level 2, Westfield Plaza, 8 Leyton Way,  
Manukau  
Email: [paft04@plunket.org.nz](mailto:paft04@plunket.org.nz)  
Web: [www.plunket.org.nz](http://www.plunket.org.nz)

### **M Turuki Healthcare**

Phone: (09) 275-5788  
Address: 2/32 Canning Crescent, Mangere  
Email: [gwilson@thc.org.nz](mailto:gwilson@thc.org.nz)



# Kura Kaupapa Māori

## AUCKLAND NORTH

### **Te Kura Kaupapa Māori o Ngaringaomatariki**

Phone: (09) 425-9017

Address: 34 Oruawharo School Rd, Wellsford

### **Te Kura Kaupapa Māori o Te Raki Paewhenua**

Phone: (09) 479-5624

Address: 7 Ceres Court, Mairangi Bay

## AUCKLAND WEST

### **Te Kura Kaupapa Māori o Hoani Waititi**

Phone: (09) 818-2317

Address: 441 West Coast Rd, Glen Eden

### **Te Kura Kaupapa Māori o Te Kotuku**

Phone: (09) 832-2911

Address: 92 Simpson Rd, Ranui

## AUCKLAND CENTRAL

### **Te Kura Kaupapa Māori o Ngā Maungarongo**

Phone: (09) 815-6349

Address: 140 Haverstock Rd, Mount Albert

### **Te Kura Kaupapa Māori o Puau Te Moananui-a-Kiwa**

Phone: (09) 528-0210

Address: 26 A Farringdon St, Glen Innes

## AUCKLAND SOUTH

### **Te Kura Kaupapa Māori o Mangere**

Phone: (09) 275-1821

Address: 7 Comet Crescent, Mangere

### **Te Kura Kaupapa Māori o Manurewa**

Phone: (09) 268-2031

Address: 17 R Trounson Ave, Manurewa

### **Te Kura Kaupapa Māori o Otara**

Phone: (09) 274-6687

Address: 52 Alexander Crescent, Otara

### **Te Wharekura o Manurewa**

Phone: (09) 266-0158

Address: 81 Finlayson Rd, Manurewa

# Bilingual and Immersion Schools and Classes – Primary & Intermediate

## AUCKLAND NORTH

### Birkdale Intermediate

Phone: (09) 483-9168  
Address: 200 Birkdale Rd, Birkdale  
Type: Immersion & Bilingual Classes

### Birkdale Primary School

Phone: (09) 483-7767  
Address: 10 Salisbury Rd, Birkdale  
Type: Immersion Classes

### Helensville School

Phone: (09) 420-0203  
Address: Rata St, Helensville  
Type: Bilingual Classes

### Okiwi School

Phone: (09) 429-0138  
Address: Aotea Rd, Okiwi  
Type: Bilingual School

### Parakai School

Phone: (09) 420-8494  
Address: 10 Fordyce Rd, Parakai  
Type: Bilingual Classes

### Te Huruhi School

Phone: (09) 372-0200  
Address: 7 Donald Bruce Rd, Surfdale-Waiheke Island  
Type: Immersion & Bilingual Classes

### Woodhill School

Phone: (09) 420-8108  
Address: 1555 State Highway 16, Woodhill-Helensville  
Type: Bilingual Classes

## AUCKLAND WEST

### Birdwood School

Phone: (09) 833-8479  
Address: Karepo Crescent, Ranui  
Type: Bilingual Classes

### Henderson Intermediate

Phone: (09) 838-8529  
Address: 70 Lincoln Rd, Henderson  
Type: Bilingual Classes

### Kelston Deaf Education Centre

Phone: (09) 827-4859  
Address: 3 Archibald Rd, Kelston  
Type: Bilingual Classes

### Ngā Kakano Christian Reo Rua Kura

Phone: (09) 835-3626  
Address: 40 Kirrie Ave, Te Atatu South  
Type: Bilingual School

### Pomaria Road School

Phone: (09) 836-4919  
Address: 33a Pomaria Rd, Henderson  
Type: Bilingual Classes

### Ranui School

Phone: (09) 833-6286  
Address: Ranui Station Rd, Ranui  
Type: Immersion & Bilingual Classes

### Rosebank School

Phone: (09) 828-6319  
Address: 217 Rosebank Rd, Avondale  
Type: Bilingual Classes

## AUCKLAND CENTRAL

### Freemans Bay School

Phone: (09) 360-1572  
Address: Wellington St, Freemans Bay  
Type: Immersion Classes

### Kōwhai Intermediate

Phone: (09) 846-7534  
Address: 26 Onslow Rd, Kingsland  
Type: Immersion Classes

### Newton Central School

Phone: (09) 378-6883  
Address: Monmouth St, Grey Lynn  
Type: Immersion & Bilingual Classes

### New Windsor School

Phone: (09) 628-8001  
Address: New Windsor Rd, New Windsor  
Type: Bilingual Classes





**Richmond Road School**

Phone: (09) 376-1091  
 Address: 113 Richmond Rd, Ponsonby  
 Type: Immersion & Bilingual Classes

**Sylvia Park School**

Phone: (09) 527-6526  
 Address: Longford St, Mt Wellington  
 Type: Immersion & Bilingual Classes

**Westmere School**

Phone: (09) 361-0014  
 Address: Larchwood Ave, Westmere  
 Type: Bilingual Classes

**AUCKLAND SOUTH****Clayton Park School**

Phone: (09) 267-0077  
 Address: Coxhead Rd, Manurewa  
 Type: Bilingual Classes

**Clendon Park School**

Phone: (09) 267-6671  
 Address: 145 Rowandale Ave, Manurewa  
 Type: Bilingual Classes

**Edmond Hillary School**

Phone: (09) 298-9132  
 Address: Hunua Rd, Papakura  
 Type: Bilingual School

**Finlayson Park School**

Type: Bilingual Classes

**Kelvin Road School**

Phone: (09) 298-8417  
 Address: Kelvin Rd, Papakura  
 Type: Immersion & Bilingual Classes

**Manurewa East School**

Phone: (09) 266-9487  
 Address: Scots Rd, Manurewa  
 Type: Bilingual Classes

**Manurewa South School**

Phone: (09) 266-8341  
 Address: 39 Tawa Crescent, Manukau Central  
 Type: Bilingual Classes

**Mountain View School**

Phone: (09) 636-5410  
 Address: 81 Mountain Rd, Mangere  
 Type: Bilingual Classes

**Ngā Iwi School**

Phone: (09) 275-4921  
 Address: 60 Mascot Ave, Mangere  
 Type: Bilingual Classes

**Otāhuhu School**

Phone: (09) 259-0109  
 Address: 41 Station Rd, Otāhuhu  
 Type: Bilingual Classes

**Papakura Normal School**

Phone: (09) 295-0530  
 Address: 143 Porchester Rd, Papakura  
 Type: Bilingual Classes

**Papakura North School**

Phone: (09) 296-9040  
 Address: 58 Beach Rd, Papakura  
 Type: Immersion & Bilingual Classes

**Pukekohe Intermediate**

Phone: (09) 238-6568  
 Address: Queen St, Pukekohe  
 Type: Bilingual Classes

**Pukekohe North School**

Phone: (09) 238-8552  
 Address: Princes St, Pukekohe  
 Type: Bilingual School

**Randwick Park School**

Phone: (09) 267-0112  
 Address: Riverton Drive, Manurewa  
 Type: Bilingual Classes

**Roscommon School**

Phone: (09) 266-5731  
 Address: 23 Burundi Ave, Manurewa  
 Type: Immersion & Bilingual Classes

**Sir Edmond Hillary Collegiate Junior School**

Phone: (09) 274-5782  
 Address: 2 Franklyne Rd, Otara  
 Type: Bilingual Classes

**Sutton Park School**

Phone: (09) 276-4560  
 Address: 89 Vine St, Mangere East  
 Type: Bilingual Classes

**Te Kura Māori O Ngā Tapuwae**

Phone: (09) 551-6161  
 Address: 253 Buckland Rd West, Mangere  
 Type: Bilingual Classes

**Tuakau School**

Phone: (09) 236-8105  
 Address: 6 School Rd, Tuakau  
 Type: Bilingual Classes

**Weymouth Intermediate**

Phone: (09) 266-7455  
 Address: 44 Palmers Rd, Clendon Park, Manukau  
 Type: Bilingual Classes

**Wiri Central School**

Phone: (09) 262-0594  
 Address: Inverell Ave, Manukau City  
 Type: Immersion Classes

# Bilingual and Immersion Schools and Classes – Secondary

## AUCKLAND NORTH

### Hato Petera College

Phone: (09) 480-7784  
Address: 103 College Rd, Northcote  
Type: Bilingual Classes

### Takapuna Grammar School

Phone: (09) 489-4167  
Address: 210 Lake Rd, Takapuna  
Type: Bilingual Classes

## AUCKLAND WEST

### Kelston Deaf Education Centre

Phone: (09) 827-4859  
Address: 3 Archibald Rd, Kelston  
Type: Bilingual Classes

### Kelston Girls' College

Phone: (09) 827-6063  
Address: Great North Rd, New Lynn  
Type: Bilingual Classes

### Massey High School

Phone: (09) 831-0500  
Address: 274 Don Buck Rd, Massey  
Type: Immersion & Bilingual Classes

### Waitakere College

Phone: (09) 836-7890  
Address: Rathgar Rd, Henderson  
Type: Bilingual Classes

## AUCKLAND CENTRAL

### Auckland Girls' Grammar School

Phone: (09) 307-4180  
Address: Howe St, Newton  
Type: Bilingual Classes

### Mt Albert Grammar School

Phone: (09) 846-2044  
Address: 36 Alberton Ave, Mount Albert  
Type: Bilingual Classes

### Tāmaki College

Phone: (09) 521-1104  
Address: Elstree Ave, Glen Innes  
Type: Bilingual Classes

### Western Springs College

Phone: (09) 815-6730  
Address: Motions Rd, Western Springs  
Type: Immersion & Bilingual Classes

## AUCKLAND SOUTH

### James Cook High School

Phone: (09) 268-3950  
Address: Dr Pickering Ave, Manurewa  
Type: Immersion & Bilingual Classes

### Kia Aroha College

Phone: (09) 274-5807  
Address: 51 Othello Drive, Otara  
Type: Bilingual Classes

### Te Kura Māori O Nga Tapuwae

Phone: (09) 551-6161  
Address: 253 Buckland Rd West, Mangere  
Type: Bilingual Classes

### Tuakau College

Phone: (09) 236-8521  
Address: Elizabeth St, Tuakau  
Type: Bilingual Classes

# Alternative Education

For those secondary school age students who have been excluded from attending school. Contact should be made with the Consortium Coordinator for assistance in enrolling in an alternative education provider.

## AUCKLAND NORTH

### **North Shore Consortium** (*Orewa College*)

Phone: (09) 426-4075 or  
(09) 427-3833 Ext. 222  
Post: PO Box 345, Orewa 0946

Providers include Coast Alternative Education, Creative Learning Scheme Glenfield, Impact Alternative Education, & Marist Enhancement Learning Centre

## AUCKLAND WEST

### **Waitakere Consortium**

(*Green Bay High School*)

Phone: (09) 839-2178  
Post: PO Box 104078, Lincoln North,  
Henderson

Providers include Futures West, Mary McKillop Education Centre, Target Education Centre, Vision West, & SENZ Junior Academy

### **Kaipara College**

Phone: (09) 420-7977  
Address: 10 Awaroa Rd, Helensville  
Provided by Te Awaroa Youth Club

## AUCKLAND CENTRAL

### **Auckland City Consortium**

(*Mt Albert Grammar*)

Phone: 0800 020 378  
Address: Mt Albert Grammar School,  
Alberton Rd, Mt Albert

Providers include Ambury Park Riding and Therapy Centre, Amokura/Waipareira, ATC Trainee AE Programme, ATS Education & Training, Creative Learning Scheme, Tangata Pasifika AE Programme, Te Roopu o Wai Ora/Te Paa, & Youthline AE Unit

## AUCKLAND SOUTH

### **Counties Manukau Consortium** (*James Cook, Papakura, & Pukekohe High Schools*)

Phone: (09) 238-9475  
Post: PO Box 1375, Pukekohe

Providers include Clendon Manurewa Whānau/ Family Support Services Trust, Community Education and Training, Te Aotea, Te Ara Poutama, & Te Ara Poutama Pukekohe

### **AIMHI Consortium** (*Otahuhu, Tangaroa, & Mangere Colleges*)

Phone: (09) 270-3028  
Post: Private Bag 93317, Otāhuhu

Providers include Creative Learning Scheme, Crosspowers, Mangere College, Tangaroa College, Te Ara Poutama, & Whakamana Ngā Rangatahi Trust

### **Manukau Consortium** (*Aorere College*)

Phone: (09) 270-3028  
Post: Private Bag 93317, Otāhuhu

Provided by Quality Education Services Trust

### **Auckland South Consortium**

(*Onehunga High School*)

Phone: (09) 270-3028  
Post: Private Bag 93317, Otāhuhu

Provided by Creative Learning Scheme Central, East & South

# Wānanga, Universities and Polytechnics

## AUCKLAND NORTH

### Auckland University of Technology

Phone: (09) 921-9999 or  
0800 AUT UNI (0800 288 864)  
Address: AG Block, 90 Akoranga Drive,  
Northcote (North Shore Campus)  
Web: [www.aut.ac.nz](http://www.aut.ac.nz)

Offers courses in Health & Environmental Sciences, Education, and Sport & Recreation.

### Massey University - Albany

Phone: (09) 414-0800 or 0800 627 730  
Address: Dairy Flat Highway (SH17),  
Albany (East Precinct)  
Albany Highway,  
Albany (Oteha Rohe Campus)  
Email: [contact@massey.ac.nz](mailto:contact@massey.ac.nz)  
Web: [www.massey.ac.nz](http://www.massey.ac.nz)

Offers a wide range of courses in Mathematics & Information Management, Sciences, Food Technology, Nutrition, Health Sciences, Engineering, Jazz, Humanities, Social Sciences, Business, and Education.

## AUCKLAND WEST

### Learning Post:

(Te Whānau O Waipareira Trust)

Phone: 0800 89 58 95  
Address: Level 2, Whānau House,  
6 – 8 Pioneer St, Henderson  
Email: [info.lp@waiwhanau.com](mailto:info.lp@waiwhanau.com)  
Web: [www.learningpost.ac.nz](http://www.learningpost.ac.nz)

Offers a range of NZQA accredited courses via distance learning in computing, business administration, accounting, communication, and customer services.

### Unitec “FREE TE REO COURSES”

Phone: (09) 815-4321 Ext. 7093  
or 0800 10 95 10  
Address: Ratanui St, Henderson  
(Waitakere Campus)  
Email: [study@unitec.ac.nz](mailto:study@unitec.ac.nz)  
Web: [www.unitec.ac.nz](http://www.unitec.ac.nz)

Offers courses in Accounting & Finance, Health, Computing & Information technology, Medical Imaging, Nursing, Osteopathy, Performing Arts, and Social Practice.

## AUCKLAND CENTRAL

### Auckland University of Technology

Phone: (09) 921-9999  
or 0800 AUT UNI (0800 288 864)  
Address: Building WH, Ground Floor, 49  
Wellesley St East, Auckland CBD  
(City Campus)  
Web: [www.aut.ac.nz](http://www.aut.ac.nz)

Offers courses in Humanities, Business, Law, Art & Design, and Māori Development.

### Te Wānanga Takiura

Phone: (09) 625-6226 or 0800 62 52 74  
Address: 100 Pah Rd, Royal Oak  
Email: [ttrw@tw.ac.nz](mailto:ttrw@tw.ac.nz)  
or [kkmadmin@tw.ac.nz](mailto:kkmadmin@tw.ac.nz)  
Web: [www.tw.ac.nz](http://www.tw.ac.nz)

Te Reo Māori and Māori medium teacher training.

### Unitec “FREE TE REO COURSES”

Phone: (09) 815-4321 Ext. 7093  
or 0800 10 95 10  
Address: Gate 3, Building 171, Carrington Rd,  
Mt Albert (Mt Albert Campus)  
Email: [study@unitec.ac.nz](mailto:study@unitec.ac.nz)  
Web: [www.unitec.ac.nz](http://www.unitec.ac.nz)

Offers courses in Accounting & Finance, Architecture, Building Technology, Civil Engineering, Communication Studies, Computing & Information Technology, Construction Management, Design & Visual Arts, Education, Electrotechnology, Landscape Architecture, Language Studies, Māori Studies, Management &

Marketing, Natural Sciences, Nursing, Osteopathy, Performing & Screen Arts, Plumbing & Gasfitting, Social Practice, Sport, and Transport Technology

### University of Auckland

Phone: 0800 61 62 63

Address: Symonds St, Auckland CBD

(City Campus)

74 Epsom Ave, Epsom

(Epsom Campus)

Merton Rd, Glen Innes

(Tāmaki Campus)

Park Rd, Grafton (Grafton Campus)

Web: [www.auckland.ac.nz](http://www.auckland.ac.nz)

Arts, Health, Science, Law, Creative Industries & Fine Arts courses are taught at the City Campus.

Teacher Training and Human Services courses are taught at the Epsom Campus.

Biosecurity, population health, psychology, speech language therapy and wine science courses are taught at the Tāmaki Campus.

Medical Science courses are taught at the Grafton Campus.

## AUCKLAND SOUTH

### Auckland University of Technology

Phone: (09) 921-9999 or 0800 AUT UNI  
(0800 288 864)

Address: Building MB, 640 Great South Rd,  
(Manukau Campus)

Web: [www.aut.ac.nz](http://www.aut.ac.nz)

Offers courses in Business, Computing, Teacher Training, Health Sciences, Sport & Recreation, and Pacific Arts.

### Manukau Institute of Technology (MIT)

Phone: 0800 62 62 52

Address: Cnr East Tāmaki Rd &  
Newbury St, Otara

Email: [info@manukau.ac.nz](mailto:info@manukau.ac.nz)

Web: [www.manukau.ac.nz](http://www.manukau.ac.nz)

Offers courses in Consumer Services, Creative Arts, Nursing & Health, Business, Education, Social Sciences, and Engineering & Trades.

### M Te Whare Wānanga O Aotearoa

#### "FREE TE REO COURSES"

Phone: (09) 256-5900 or 0800 35 55 53

Address: 15 Canning Crescent, Mangere

Web: [www.twoa.ac.nz](http://www.twoa.ac.nz)

Also offers outreach courses in Kaipara, North Shore, & New Lynn.

### M Te Wānanga o Raukawa

Phone: 0800 92 62 642

Address: Huakina, 6 Roulston St, Pukekohe

Web: [www.wananga.com](http://www.wananga.com)

Deliver social services courses in Pukekohe.

### University of Auckland – Manukau (based at MIT)

Phone: 0800 61 62 63

Address: Newbury St, Otara

Web: [www.auckland.ac.nz](http://www.auckland.ac.nz)

Deliver Education and Visual Arts courses at MIT.



# Community/Adult Education

## AUCKLAND NORTH

### Northcote College

Phone: (09) 481-0144  
Address: 6 – 10 Kauri Glen Rd, Northcote  
Email: [info@learn4life.co.nz](mailto:info@learn4life.co.nz)  
Web: [www.learn4life.co.nz](http://www.learn4life.co.nz)

Offers a range of short courses throughout the year, including Te Reo Māori for beginners (\$99).

### Rangitoto College

Phone: (09) 477-0075  
Address: 564 East Coast Rd, Mairangi Bay  
Email: [comed@rangitoto.school.nz](mailto:comed@rangitoto.school.nz)  
Web: [www.rangitoto.school.nz/community/community.aspx](http://www.rangitoto.school.nz/community/community.aspx)

Offers a range of short courses throughout the year.

## AUCKLAND WEST

### Rutherford College

*(in conjunction with Massey High)*

Phone: (09) 833-9124  
Address: Kotuku St, Te Atatu Peninsula  
Email: [comed@masseyhigh.school.nz](mailto:comed@masseyhigh.school.nz)  
Web: [www.masseyhighcommunityeducation.co.nz](http://www.masseyhighcommunityeducation.co.nz)

Offers a range of short courses throughout the year, including Te Reo Māori for beginners (\$55).

## AUCKLAND CENTRAL

### Onehunga High School

Phone: (09) 636-9060  
Address: 24 Pleasant St, Onehunga  
Email: [comed@ohs.school.nz](mailto:comed@ohs.school.nz)  
Web: [www.adultlearn.co.nz](http://www.adultlearn.co.nz)

Offers a range of short courses throughout the year, including Te Reo Māori for beginners (\$48).

### Selwyn College

Phone: (09) 521-9623  
Address: 203 – 245 Kohimarama Rd, Kohimarama  
Email: [info@selwyncomed.school.nz](mailto:info@selwyncomed.school.nz)  
Web: [www.selwyn.school.nz](http://www.selwyn.school.nz)

Offers a range of short courses throughout the year, including Te Reo Māori for beginners (\$58).

## AUCKLAND SOUTH

### Aorere College Adult & Community Education

Phone: (09) 279-0671  
Address: Portage Rd, Papatoetoe  
Email: [ac coordinator@aorere.ac.nz](mailto:ac coordinator@aorere.ac.nz) or [tmalcolm@aorere.ac.nz](mailto:tmalcolm@aorere.ac.nz)  
Web: [www.localist.co.nz/l/aorere](http://www.localist.co.nz/l/aorere)

Offers a range of short courses throughout the year, including Te Reo Māori for beginners (\$35).

### Edgewater College

Phone: (09) 576-4731  
Address: 32 Edgewater Drive, Pakuranga  
Email: [ecp-admin@edgewater.school.nz](mailto:ecp-admin@edgewater.school.nz)  
Web: [www.shortcoursesandworkshops.co.nz](http://www.shortcoursesandworkshops.co.nz)

Offers a range of short courses throughout the year.

### Rosehill College

*(in conjunction with Pukekohe High School)*

Phone: (09) 238-6089 Ext. 235  
Address: 5 Edinburgh Ave, Papakura  
Email: [dwood.ace@gmail.com](mailto:dwood.ace@gmail.com)  
Web: [www.pukekohehigh.ac.nz/WebSpace/1575/](http://www.pukekohehigh.ac.nz/WebSpace/1575/)

Offers a range of short courses throughout the year, including Te Reo Māori for beginners (\$60).

### Counties Area Community Education

Phone: (09) 238-6089 or 021 070 0349  
Web: [www.cace.org.nz](http://www.cace.org.nz)

Provides assistance to link into community courses throughout Auckland South, as well as links to other community education providers throughout the Auckland region.

### Other

The following Web-sites provide useful resources for those wishing to familiarise themselves with basic Māori language:

**[www.korero.maori.nz](http://www.korero.maori.nz)**

**[www.maorilanguage.net](http://www.maorilanguage.net)**

Te Ataarangi is an immersion style of learning Te Reo Māori using rākau (rods). Community-based classes are delivered throughout Auckland, and participants can also participate in regional immersion hui and national community hui as a part of Te Ataarangi network.

For more information on Te Ataarangi courses near you, call toll-free 0800 ATAARANGI (0800 28 22 72).



Māori Specific



Pacific Island Specific

## Medical Centres

The following medical centres provide services to a high number of Māori and/or Pacific people. A comprehensive list of medical centres in the whole of Auckland can be found at [www.healthpoint.co.nz](http://www.healthpoint.co.nz).

Free general medical advice and telephone triage can also be obtained from Healthline on 0800 611 116 if you need advice about any person who is unwell or hurt, or has any symptoms of sickness. This service is available 24 hours and is free to callers throughout New Zealand, including from a mobile phone.

**In the event of an emergency, dial 111.**

### AUCKLAND NORTH

#### Glenfield Doctors on Chartwell

Phone: (09) 441-2352

Address: 52 Chartwell Ave, Glenfield

#### Kowhai Coast Medical Centre

(Coast to Coast Healthcare)

Phone: (09) 425-6666 or

(09) 423-8086 After Hours

Address: 145 Mahurangi East Rd, Snells Beach

#### Mangawhai Medical Centre

(Coast to Coast Healthcare)

Phone: (09) 431-4128

or (09) 423-8086 After Hours

Address: 4 Fagan Pl, Mangawhai Heads, Mangawhai

#### Matakana Medical Centre

(Coast to Coast Healthcare)

Phone: (09) 422-7737 or

(09) 423-8086 After Hours

Address: 74 Matakana Valley Rd, Matakana

#### Maungatūroto Medical Centre

(Coast to Coast Healthcare)

Phone: (09) 431-8576 or

(09) 423-8086 After Hours

Address: 138 Hurndal St, Maungatūroto

#### **P** Nile Road Medical Centre

(Pasifika Integrated Healthcare)

Phone: (09) 410-0275

Address: 1 Nile Rd, Milford

Email: [info@pifmc.co.nz](mailto:info@pifmc.co.nz)

#### Paparua Medical Centre

(Coast to Coast Healthcare)

Phone: (09) 431-7222

Address: 187 Paparua Valley Rd, Paparua

#### **M** Te Puna Hauora o Te Raki Paewhenua – Birkdale Clinic

Phone: (09) 483-5724

Address: 166 Birkdale Rd, Birkdale

Email: [administrator@tepuna.org.nz](mailto:administrator@tepuna.org.nz)

**M** **Te Puna Hauora o Te Raki Paewhenua – Medical on Akoranga**

Phone: (09) 489-5382

Address: Medical on Akoranga,  
44 Akoranga Drive, Northcote

Email: administrator@tepuna.org.nz

**M** **Te Puna Hauora o Te Raki Paewhenua – Northcote Clinic**

Phone: (09) 489-3049

Address: 58a Akoranga Drive, Northcote

Email: administrator@tepuna.org.nz

**Wellsford Medical Centre**

*(Coast to Coast Healthcare)*

Phone: (09) 423-8086

Address: 220 Rodney St, Wellsford

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## AUCKLAND WEST

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**Family Practice and Medical Centre**

Phone: (09) 833-8223

Address: 437 Swanson Rd, Ranui

Email: david.blumberg@ilogix.net.nz

**Kaipara Medical Centre**

Phone: (09) 420-8400

Address: 53 – 65 Commercial Rd,  
Helensville

**Kelston Medical Centre**

Phone: (09) 818-5208

Address: 8 Archibald Rd, Kelston

Email: KelstonMed@ilogix.net.nz

Web: www.kelstonmed.co.nz

**Lincoln Road Medical Centre**

Phone: (09) 837-2056 or (09) 837-1431

Address: 131 Lincoln Rd, Henderson

**Lynn Mall Medical Centre**

Phone: (09) 827-3163

Address: 3058 Great North Rd, New Lynn

**Massey Medical Centre**

Phone: (09) 831-0170

Address: 394 Don Buck Rd, Massey

**McLaren Park Medical Centre**

Phone: (09) 837-3399

Address: 83 Bruce McLaren Rd, Henderson

Email: adminmclarenpark@gmail.com

**New Lynn Medical Centre**

Phone: (09) 827-4127

Address: 119 Titirangi Rd, New Lynn

**Ranui Medical Centre**

Phone: (09) 833-6033

Address: 482 Swanson Rd, Ranui

**Royal Heights Medical Centre**

Phone: (09) 833-7347

Address: 138 Royal Rd, Massey

**Waitakere Union Health**

Phone: (09) 837-3933

Address: 55 - 75 Lincoln Rd, Henderson  
(In Waitakere Hospital grounds)

Email: practice@wuhealth.co.nz

**P West Fono Health Trust**

Phone: (09) 837-1780

Address: 411 Great North Rd, Henderson

**West Harbour Medical Centre**

Phone: (09) 416-8315

Address: 86 Oriel Ave, West Harbour

**Westview Medical Centre**

Phone: (09) 818-7111

Address: 5 Glendale Rd, Glen Eden

Email: westview@westview.co.nz

**Whānau Centre Health Clinic**

Phone: (09) 839-0288

Address: 6-8 Pioneer St, Henderson

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## AUCKLAND CENTRAL

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**All Health**

Phone: (09) 579-0563

Address: 237a Mt Smart Rd, Onewunga

**Avondale Family Health Centre**

Phone: (09) 820-0065 or (09) 820-0526

Address: 1784 Great North Rd, Avondale

**Avondale Medical Centre**

Phone: (09) 828-8453

Address: 256 Rosebank Rd, Avondale

**Calder Centre** *(Auckland City Mission)*

Phone: (09) 303-9266

Address: 136 – 140 Hobson St,  
Auckland Central

Email: info@aucklandcitymission.org.nz

**Church Street Doctors**

Phone: (09) 276-8512 or (09) 276-4300

Address: 121 Church St, Otāhuhu

**Dr Peter King & Dr James Lowe Medical Services**

Phone: (09) 846-2296

Address: 491A New North Rd, Kingsland

**East Tāmaki Healthcare (ETHC) Glen Innes**

Phone: (09) 528-9054 or  
(09) 274-7823 After Hours  
Address: 5 Mayfair Pl, Glen Innes  
Web: [www.ethc.co.nz](http://www.ethc.co.nz)

**East Tāmaki Healthcare (ETHC) Otāhuhu**

Phone: (09) 276-3000  
Address: 15 – 23 Station Rd, Otāhuhu  
Web: [www.ethc.co.nz](http://www.ethc.co.nz)

**Grey Lynn Family Medical Centre**

Phone: (09) 378-6827  
Address: 543 Great North Rd, Grey Lynn  
Email: [medical\\_cntr@ihug.co.nz](mailto:medical_cntr@ihug.co.nz)  
Web: [www.greylynfamilymedical.co.nz](http://www.greylynfamilymedical.co.nz)

**Hauora o Puketapapa –  
Roskill Union & Community Health**

Phone: (09) 629-2872  
Address: 1492 Dominion Rd Extn Mt Roskill  
Email: [manager@roskillunion.org.nz](mailto:manager@roskillunion.org.nz)

**P Langimalie Health Centre – Onehunga**

Phone: (09) 636-3629  
Address: 29 Hill St, Onehunga

**P Langimalie Health Centre – Panmure**

Phone: (09) 570-9827  
Address: 161 Queen's Rd, Panmure

**P Langimalie Health Centre – Otāhuhu**

Phone: (09) 258-5092  
Address: 11 Station Rd, Otāhuhu

**Mt Wellington Family Health Centre**

Phone: (09) 570-2999  
Address: 283 Penrose Rd, Mt Wellington

**P Mt Wellington Integrated Family Health Centre**

Phone: (09) 276-8640  
Address: 1/627 Mt Wellington Highway,  
Mt Wellington  
Web: [admin@mtwellington.co.nz](mailto:admin@mtwellington.co.nz)

**M Ngāti Whātua o Ōrākei –  
Glen Innes Health Centre**

Phone: (09) 578-0941 Ext. 2  
Address: 272 Apirana Ave, Glen Innes

**M Ngāti Whātua o Ōrākei –  
Ōrākei Health Clinic**

Phone: (09) 578-0941 Ext. 1  
Address: 230 Kupe St, Orakei

**M Ngāti Whātua o Ōrākei –  
Otāhuhu Health Centre**

Phone: (09) 276-1190  
Address: 6/507 Great South Rd, Otāhuhu

**Onehunga Family Medical Centre**

Phone: (09) 636-6267  
Address: 161 Onehunga Mall, Onehunga

**Otāhuhu Family Medical Centre**

Phone: (09) 276-0444  
Address: 541 Great South Rd, Otāhuhu

**Otāhuhu Family Practice**

Phone: (09) 276-4309  
Address: Unit 5, 115 Church St, Otāhuhu

**Otāhuhu Medical Clinic**

Phone: (09) 276-2822 or (09) 270-2023  
Address: 463 Great South Rd, Otāhuhu  
Email: [info@otahumed.co.nz](mailto:info@otahumed.co.nz)

**P Pacific Horizon Health Centre**

Phone: (09) 828-8421  
Address: 297 Blockhouse Bay Rd, Avondale

**Panmure Surgery**

Phone: (09) 527-6258  
Address: 188 Queens Rd, Panmure

**M Piritahi Hau Ora**

Phone: (09) 372-0022  
Address: 53 Tahatai Rd, Blackpool,  
Waiheke Island  
Email: [piritahihauora@xtra.co.nz](mailto:piritahihauora@xtra.co.nz)

**Surrey Medical Centre**

Phone: (09) 376-4658  
Address: 26 Surrey Crescent, Grey Lynn

**Tāmaki Family Health Centre**

Phone: (09) 527-3344  
Address: 2-4 Clifton Court, Panmure

**Three Kings Accident and Medical Clinic**

Phone: (09) 625-2999  
Address: 536 Mt Albert Rd, Three Kings  
Email: [info@threekings.co.nz](mailto:info@threekings.co.nz)  
Web: [www.threekings.co.nz](http://www.threekings.co.nz)

**AUCKLAND SOUTH****P 123 Health Ltd (Dr Samuel Fuimaono)**

Phone: (09) 269-7321  
Address: 123 Great South Rd, Manurewa  
Email: [123health@xtra.co.nz](mailto:123health@xtra.co.nz)

**P Bader Drive Healthcare Trust**

Phone: (09) 275-8598  
Address: 93 Bader Drive, Mangere

**Bairds Road Family and Christian Health Centre**

Phone: (09) 274-6654  
Address: 120 Bairds Rd, Otara

**Christian Medical Centre**

Phone: (09) 266-7007  
Address: 157 Wordsworth Rd, Manurewa

**Clendon Family Health Centre**

Phone: (09) 267-2636  
Address: 9 – 11 Robert Ross Pl, Clendon

**Clendon Medical Centre**

Phone: (09) 267-4525  
Address: 15 Palmers Rd, Clendon

**M Clendon Medical Clinic**

*(Raukura Hauora o Tainui)*

Phone: (09) 266-6646  
Address: Shop C4, 459 Roscommon Rd, Clendon

**Clevedon Road Medical Centre**

Phone: (09) 298-3110  
Address: 1 Clevedon Rd, Papakura

**Community Medical Centre Dannemora**

Phone: (09) 951-5380  
Address: 455 East Tāmaki Rd, Dannemora  
Email: shyam@cmcl.org.nz

**Dr DM de Lacey Surgery**

Phone: (09) 528-3323  
Address: 17 Elstree Ave, Glen Innes  
Web: www.ethc.co.nz

**Dr Kala Magan**

Phone: (09) 275-4763  
Address: Cnr Yates & Massey Rd, Mangere East

**Dr Patel's Surgery**

Phone: (09) 275-6476  
Address: 738 Massey Rd, Mangere

**East Tāmaki Healthcare Bairds Road**

Phone: (09) 274-3414  
Address: 160 Bairds Rd, Otara

**East Tāmaki Healthcare Dawson Road**

Phone: (09) 274-3468  
Address: 124 Dawson Rd, Otara

**East Tāmaki Healthcare East Tāmaki**

Phone: (09) 274-9264  
Address: 275 East Tāmaki Rd, Otara

**East Tāmaki Healthcare Mangere Town Centre**

Phone: (09) 275-7954  
Address: 12A Kowhai Court, Waddon Pl, Mangere

**East Tāmaki Healthcare Manurewa**

Phone: (09) 264-1640  
Address: 235 Browns Rd, Manurewa

**Fellbrook Medical Centre**

Phone: (09) 269-0088  
Address: 33 Fellbrook St, Manurewa

**Hall Avenue Medical Centre**

Phone: (09) 276-4202  
Address: 23 Hall Ave, Otāhuhu

**Mangere East Medical Centre**

Phone: (09) 275-8587  
Address: 359 Massey Rd, Mangere East

**Mangere Family Doctors**

Phone: (09) 275-9977  
Address: 215 Massey Rd, Mangere

**Mangere Health Centre**

Phone: (09) 255-0600  
Address: 6 Waddon Pl, Mangere

**Manurewa Family Doctors Ltd**

Phone: (09) 266-8770  
Address: 9 Halver Rd, Manurewa

**Manurewa Trust Health Care**

Phone: (09) 267-6883  
Address: 7 Hill Rd, Manurewa

**Otara Family & Christian Health Centre**

Phone: (09) 274-6654  
Address: Shop 5, 120 East Tāmaki Rd, Otara

**Otara Union Health Care**

Phone: (09) 274-9135  
Address: 3/80 Alexander Crescent, Otara

**M Papakura Marae Health Clinic**

Phone: (09) 298-3877  
Address: 29A Hunua Rd, Papakura

**Peoples Centre - Manurewa**

Phone: (09) 267-6331  
Address: 7 Halver Rd, Manurewa

**Rangitoto Medical Centre**

Phone: (09) 278-5320  
Address: 4 Rangitoto Rd, Papatoetoe

**Rosehill Medical Centre**

Phone: (09) 298-2780  
Address: 2 – 4 Tairere Crescent, Papakura

**Seddon Street Medical Centre**

Phone: (09) 237-0055  
Address: 57 – 63 Seddon St, Pukekohe



**P South Seas Healthcare**

Phone: (09) 273-9017

Address: Shop 11, Otara Shopping Centre,  
Otara**Takanini Family Health Centre**

Phone: (09) 280-6202

Address: 106 Great South Rd, Takanini

**M Te Manu Aute Whare Oranga**

Phone: (09) 267-8768

Address: 81 Finlayson Ave, Clendon

**M Te Paea Marae Medical Clinic***(Raukura Hauora o Tainui)*

Phone: (09) 636-5683

Address: 15/34 Miro Rd, Mangere Bridge

**The Airport Doctors**

Phone: (09) 256-8444

Address: 3/400 George Bolt Memorial  
Drive, Airport Shopping Centre,  
Mangere**Tiakina te Ora**

Phone: (09) 298-0778

Address: Cnr Queen & East Streets,  
Papakura**M Trust Healthcare***(Raukura Hauora o Tainui)*

Phone: (09) 267-6883

Address: New Hook Lane, 7 Hill Rd,  
Manurewa**M Turuki Healthcare**

Phone: (09) 275-5788

Address: Unit 2, 32 Canning Crescent, Mangere

**NOTES**

# After Hours Medical Services Network

The Auckland District Health Boards and Primary Health Organisations support an after-hours network of medical care providers who have centres throughout Auckland open until at least 10pm. Four of the centres also offer extended 24-hour services.

Reduced charges are available to those considered most at risk including children under six years, adults 65 years and older and low income individuals and families. Lower after-hours charges apply 6pm-8am weekdays, all weekend and on public holidays. If you are a patient with a Community Services Card or a High User Health Card bring it along to prove eligibility.

A list of prices is available on the after-hours network Web: at [www.afterhoursnetwork.co.nz](http://www.afterhoursnetwork.co.nz).

**In the case of an emergency, dial 111 or go to your nearest hospital Emergency Department listed below.**

## AUCKLAND NORTH

### North Shore Hospital – Emergency Department

Phone: (09) 486-8900  
Address: Shakespeare Rd, Takapuna  
Hours Open 24 hours 7 days

### Shorecare (Takapuna)

Phone: (09) 486-7777  
Address: Sovereign House, Smales Farm  
Hours Open 24 hours 7 days

### Whitecross Glenfield

Phone: 0800 61 11 11  
Address: 436 – 440 Glenfield Rd, Glenfield  
Hours Open 8am to 10 pm 7 days

## AUCKLAND WEST

### Waitakere Hospital – Emergency Department

Phone: (09) 839-0000  
Address: 55 Lincoln Rd, Henderson  
Hours Open 24 hours 7 days

### Westcare Whitecross (Henderson)

Phone: 0800 61 11 11  
Address: 131 Lincoln Rd, Henderson  
Hours Open 24 hours 7 days

### Westcare Whitecross (New Lynn)

Phone: 0800 61 11 11  
Address: 2140 Great North Rd, New Lynn  
Hours Open 8am to 10 pm 7 days

## AUCKLAND CENTRAL

### Accident & Medical Centre Three Kings

Phone: (09) 625-2999  
Address: 536 Mt Albert Rd, Three Kings  
Hours Open 8am to 10pm 7 days

### Auckland Hospital – Emergency Department

Phone: (09) 367-0000  
Address: 2 Park Rd, Grafton  
Hours Open 24 hours 7 days

### Whitecross Ascot (Remuera)

Phone: 0800 61 11 11  
Address: 90 Greenlane Rd East, Remuera  
Hours Open 24 hours 7 days

## AUCKLAND SOUTH

### East Care (Botany)

Phone: (09) 277-1516  
Address: 260 Botany Rd, Botany  
Hours Open 24 hours 7 days

### Whitecross Otāhuhu

Phone: 0800 61 11 11  
Address: 15 23 Station Rd, Otāhuhu  
Hours Open 8am to 10pm 7 days

### East Tāmaki Healthcare (Otara)

Phone: (09) 274-7823  
Address: 160 Bairds Rd, Otara  
Hours Open 8am to 11pm 7 days



Māori Specific



Pacific Island Specific

Phone: (09) 276-0000  
Address: Hospital Rd, Otāhuhu  
Hours: Open 24 hours 7 days

Phone: (09) 276-0000

Address: Hospital Rd, Otāhuhu

Hours Open 24 hours 7 days

Phone: (09) 299-7670  
Address: 106 Great South Rd, Takanini  
Hours: Open 8am to 10pm 7 days

Phone: (09) 299-7670

Address: 106 Great South Rd, Takanini

Hours Open 8am to 10pm 7 days

Phone: (09) 237-0280  
Address: 10 West St, Pukekohe  
Hours: Open 8am to 10pm 7 days

Phone: (09) 237-0280

Address: 10 West St, Pukekohe

Hours Open 8am to 10pm 7 days

[illegible]

# Dental

## Pre-School (0 – 4 Years) and School Children (5 Years – Year 8 of School)

The Auckland Regional Dental Service (ARDS) provides children, aged 0 years to year 8 (Form 2), with free school based dental services. This service is provided from approximately 270 dental clinics situated in the grounds of primary and intermediate schools. Mobile dental clinics may also be based at Kohanga Reo and Pacific Island Language Nests.

The school based service extends throughout the Auckland region from Wellsford in the North to Onewhero in the South.

To find your closest dental clinic, contact the Auckland Regional Dental Service on 0800 4 DENTAL or 0800 433682 or visit the ARDS website [www.ards.co.nz](http://www.ards.co.nz).

To enrol a pre-school aged child with ARDS and make an appointment at a dental clinic, either phone 838 1810 or contact the dental clinic at the school closest to your home address (these are listed in the phone book under the school name).

When a child enters school, enrolment with the Auckland Regional Dental Service will be facilitated by/ at the school.

## Youth Dental Services

The following dentists provide **FREE dental services to youth** (Year 9 up until the 18th birthday) under the government's dental benefits scheme. An up-to-date list can be obtained at [www.ards.co.nz](http://www.ards.co.nz) or by ringing 0800 ITS FREE or 0800 487 3733.

### AUCKLAND NORTH

#### Albany Basin Dental Surgery

Phone: (09) 443-7007

Address: Cnr Upper Harbour Highway & Unsworth Rd, Albany

#### Albany Central Dental Ltd

Phone: (09) 415 9090

Address: Unit 6C, 210 State Highway 17, Albany

#### AUT Oral Health Department

Phone: (09) 912-9155

Address: 90 Akoranga Drive, Northcote

#### Bayside Dental

Phone: (09) 478-8773

Address: 86 Clyde Rd, Browns Bay

#### Barrier Dental

Phone: (09) 429-0599

Address: The Claris Centre, Claris, Great Barrier Island

#### Birkenhead Ave Dental Centre

Phone: (09) 480-7361

Address: 51 Birkenhead Ave, Birkenhead

#### Birkenhead Family Dental Care

Phone: (09) 419-9120

Address: 119 Birkenhead Ave, Birkenhead

#### Dental Perfection Ltd

Phone: (09) 444 8779

Address: 418 Glenfield Rd, Glenfield

#### Dr Moons Dental Practice

Phone: (09) 418-4189

Address: 57 Pearn Crescent, Northcote

#### East Coast Bays Dental

Phone: (09) 478-1300

Address: 758 East Coast Rd, Browns Bay

#### Glenfield Family Dental

Phone: (09) 444-0415

Address: 109 Bentley Ave, Glenfield

#### Greenhithe Dental Centre

Phone: (09) 413-5109

Address: Unit 4, 6 – 8 Greenhithe Rd, Greenhithe



Māori Specific



Pacific Island Specific

**Hibiscus Coast Dental Centre**

Phone: (09) 427-5327

Address: 12 Red Beach Rd, Red Beach

**Lake Road Dentists Ltd**

Phone: (09) 446-3361

Address: 161 Lake Rd, Belmont

**Lumino Dental**

Phone: (09) 427-4132

Address: Red Beach Shopping Centre,  
Red Beach**Lumino Dental**

Phone: (09) 486-2476

Address: 33-35, Hurstmere Rd, Takapuna

**Lumino Dental**

Phone: (09) 473-1400

Address: 1054C Beach Rd, Torbay

**Mayank Dewan Dental Surgery**

Phone: (09) 480-1748

Address: 146 Hinemoa St, Birkenhead

**Milford Dental Centre**

Phone: (09) 489-8354

Address: 2 Dodson Ave, Milford

**Milford Dentists Ltd**

Phone: (09) 489-6575

Address: 170 Kitchener Rd, Milford

**Mokoia Road Dental Centre**

Phone: (09) 480-9818

Address: 50A Mokoia Rd, Birkenhead

**Northcote Dental Centre**

Phone: (09) 480-5931

Address: 2 Ernie Mays St, Northcote

**Northcross Dental Solutions**

Phone: (09) 478-6471

Address: 160 Carlisle Rd, Browns Bay

**North Shore Dental**

Phone: (09) 478-7442

Address: 761 Beach Rd, Browns Bay

**Ocean View Dental**

Phone: (09) 419-5555

Address: 12 Ocean View Rd, Northcote

**Rosedale Dental**

Phone: (09) 414-2934

Address: 372 Rosedale Rd, Albany

**Smile Dental North Shore Ltd**

Phone: (09) 444-0011

Address: 212 Wairau Rd, Glenfield

**Smile Dental Ltd**

Phone: (09) 477-3795

Address: 119 Apollo Drive, Albany

**Snells Beach Dental**

Phone: (09) 425-5859

Address: 5/280 Mahurangi East Rd, Snells Beach

**The Dental Centre Browns Bay**

Phone: (09) 479-7710

Address: 81 Clyde Rd, Browns Bay

**The Tooth Company**

Phone: (09) 410-9971

Address: 68-76 Taharoto Rd, Takapuna

**Tusk Dental**

Phone: (09) 479-2974

Address: 14B Hastings Rd, Mairangi Bay

**Viva Dental**

Phone: (09) 480-7265

Address: 182 Hinemoa St, Birkenhead

**Waiwera Dental Centre**

Phone: (09) 427-8822

Address: 21 Waiwera Rd, Waiwera

**Warkworth Dental Practice Ltd**

Phone: (09) 425-8476

Address: 6 Morpeth St, Warkworth

**Wellsford Dental**

Phone: (09) 423-8017

Address: 163 Rodney St, Wellsford

**Whangaparaoa Dental Centre Ltd**

Phone: (09) 424-5294

Address: Pacific Plaza, Whangaparaoa Rd

**Whitecross Glenfield Dental**

Phone: (09) 444-5040

Address: 440 Glenfield Rd, Glenfield

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**AUCKLAND WEST**

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**CM Dental**

Phone: (09) 835-3026

Address: 65 Lincoln Rd, Henderson

**Dental Care West**

Phone: (09) 818-8855

Address: 190 West Coast Rd, Glen Eden

**Dr Anthony Wong's Practice**

Phone: (09) 834-6359

Address: 518 Te Atatu Rd, Te Atatu Peninsula

**Dr Frank Matheson's Dental Practice**

Phone: (09) 818-5350

Address: 5 Glendale Rd, Glen Eden

**Dr Reddy & Associates**

Phone: (09) 827-1524

Address: 15 Tōtara Ave, New Lynn



**First Dental**

Phone: (09) 837-2260  
Address: Shop 4, 333 Great North Rd,  
Henderson

**Fraser Dental**

Phone: (09) 416-5050  
Address: 1 Wiseley Rd, Hobsonville

**Guardian Dental**

Phone: (09) 429-0599  
Address: The Claris Centre, Claris,  
Great Barrier Island

**Green Bay Dental**

Phone: (09) 827-4067  
Address: 70 Godley Rd, Green Bay

**Henderson Dental Centre**

Phone: (09) 837-3663  
Address: 361 Great North Rd, Henderson

**Huapai Dental Centre**

Phone: (09) 412-7851  
Address: 250 State Highway 16, Huapai

**Kelston Dental Care**

Phone: (09) 818-5092  
Address: 4 Archibald Rd, Kelston

**Kumeu Dental Surgery**

Phone: (09) 412-9507  
Address: Main Rd, Kumeu

**Lincoln Dental Centre**

Phone: (09) 837-5599  
Address: 10 Woodford Ave, Henderson

**Lumino Dental**

Phone: (09) 827-1293  
Address: 19 Delta Ave, New Lynn

**Massey Dental Centre**

Phone: (09) 833-9235  
Address: 388 Don Buck Rd, Massey

**McIntosh Dental Centre**

Phone: (09) 837-2598  
Address: 43 Lincoln Rd, Henderson

**New Lynn Dental Care**

Phone: (09) 827-1664  
Address: 14 Delta Ave, New Lynn

**Peninsula Dental Care**

Phone: (09) 834-2228  
Address: Unit 4, 382-386 Te Atatu Rd, Te Atatu  
Peninsula

**Smile Dental Ltd**

Phone: 0800 476 453  
Address: Whānau Centre, 5 – 8 Pioneer St,  
Henderson

**Smile Dental Ltd**

Phone: 0800 476 453  
Address: 202 Edmonton Rd, Te Atatu South

**Toothcare West**

Phone: (09) 836-5055  
Address: Level 1, Lincoln North Centre,  
Henderson

**Village Dental Care**

Phone: (09) 817-8012  
Address: 429 Titirangi Rd, Titirangi

**West Auckland Mobile Dental Service**

Phone: 021 958 259  
Visits West Auckland Secondary Schools

**Westgate Dental Centre**

Phone: (09) 832-2998  
Address: 2/20 Fernhill Drive, Massey

**West Harbour Dental Centre**

Phone: (09) 416-9619  
Address: 58 Hobsonville Rd, Hobsonville

**AUCKLAND CENTRAL****Andrew W Whillans**

Phone: (09) 630-5736  
Address: 84 Mountain Rd, Epsom

**Apex Dental**

Phone: (09) 379-0149  
Address: 7th Floor, Unit B, Lister Building, 9  
Victoria St East, Auckland CBD

**Avondale Dental Centre**

Phone: (09) 828-7484  
Address: 72 Rosebank Rd, Avondale

**Avondale Dental**

Phone: (09) 828-5786  
Address: 1962A Great North Rd, Avondale

**Balmoral Dental Centre**

Phone: (09) 630-0205  
Address: 651 Dominion Rd, Balmoral

**Baycare Whitecross Dental**

Phone: (09) 521-8884  
Address: 215 Kepa Rd, Mission Bay

**Central Dental Centre Ltd**

Phone: (09) 620-8188  
Address: 760 Dominion Rd, Mt Roskill

**Clive B Ross' Practice**

Phone: (09) 366-1322  
Address: Quay Towers, Albert St, Auckland CBD



Māori Specific



Pacific Island Specific

**Dental Associates Ltd**

Phone: (09) 365-1565  
 Address: Level 2, Mastercard House,  
 136 Customs St West, Auckland CBD

**Dental Care Ltd**

Phone: (09) 620-8044  
 Address: 1480C Dominion Rd, Mt Roskill

**Dental Cosmetic**

Phone: (09) 529-0600  
 Address: 2A/2B Clyde St, Newmarket

**Dental On Mt Albert**

Phone: (09) 849-2874  
 Address: 946 New North Rd, Mt Albert

**Dental Today**

Phone: (09) 622-0766  
 Address: 66 Church St, Onehunga

**Devonport Dental**

Phone: (09) 445-0097  
 Address: 8 Victoria Ave, Devonport

**Dominion Road Dental Care**

Phone: (09) 638-7927  
 Address: 425 Dominion Rd, Mt Eden

**Dominion Road Dental Centre**

Phone: (09) 629-0494  
 Address: 1009A Dominion Rd

**Downtown Dental**

Phone: (09) 302-0379  
 Address: 152 Quay St, Auckland CBD

**Dr Kelly's Dental Practice**

Phone: (09) 445-4574  
 Address: 2A Fleet St, Devonport

**Dr Phillip's Dental Surgery**

Phone: (09) 636-5293  
 Address: 190 The Mall, Onehunga

**Dr Reddy & Associates**

Phone: (09) 276-2022  
 Address: 42 Hall Ave, Otāhuhu

**Dr WJ Konings Dental Surgeon**

Phone: (09) 620-9559  
 Address: 1250 Dominion Rd, Mt Roskill

**Eastmed Dental Ltd**

Phone: (09) 585-0205  
 Address: 188 St Heliers Bay Rd, St Heliers

**Ellerslie Highway Dental Centre**

Phone: (09) 570-7061  
 Address: 439 Ellerslie Panmure Highway,  
 Mt Wellington

**Epsom Dentists**

Phone: (09) 630-6883  
 Address: 325 Manukau Rd, Epsom

**Freemans Bay Dental Centre**

Phone: (09) 361-3610  
 Address: 40 College Rd, Freemans Bay

**Genesis Dental**

Phone: (09) 625-5252  
 Address: 641 Manukau Rd, Epsom

**Gentle Care Dentist Ltd**

Phone: (09) 527-0030  
 Address: 70 Queens Rd, Panmure

**Glendowie Dental Centre**

Phone: (09) 521-2076  
 Address: 106 West Tāmaki Rd, Glendowie

**Glen Innes Dental Centre**

Phone: (09) 528-3434  
 Address: 230 Taniwha St, Glen Innes

**Glen Innes Dentist Ltd**

Phone: (09) 528-9389  
 Address: 48 Mayfair Pl, Glen Innes

**Jervois Road Dental Centre**

Phone: (09) 360-2476  
 Address: 139 Jervois Rd, Herne Bay

**Joy Family Dental**

Phone: (09) 630-8229  
 Address: 536 Mt Eden Rd

**Keith Nelson & Associates Limited**

Phone: (09) 378-0877  
 Address: 103 Franklin Rd, Ponsonby

**Kohimarama Dental Centre**

Phone: (09) 528-7996  
 Address: 303C Kapa Rd, Kohimarama

**Li & Lawson Dental**

Phone: (09) 302-2313  
 Address: Ground Floor, 36 Kitchener St,  
 Auckland CBD

**Lumino Dental**

Phone: (09) 361-7159  
 Address: 388 Dominion Rd, Mt Eden

**Meola Dental**

Phone: (09) 849-6910  
 Address: 210A Pt Chevalier Rd, Pt Chevalier

**Mt Albert Dental Centre**

Phone: (09) 846-0658  
 Address: 986 New North Rd, Mt Albert

### **Mt Eden Road Dental Centre**

Phone: (09) 638-9574  
Address: 931 Mt Eden Rd, Mt Eden

### **OneHealth Dental Partners Ltd**

Phone: (09) 524-8834  
Address: 122 Remuera Rd, Remuera

### **Otāhuhu Budget Dental Care**

Phone: (09) 276-5211  
Address: 115 Church St, Otāhuhu

### **Panmure Dentist Ltd**

Phone: (09) 570-1764  
Address: 176 Queens Rd, Panmure

### **Phillip Chong Dental**

Phone: (09) 620-8066  
Address: 377 Mt Albert Rd, Mt Roskill

### **Ponsonby Dentist**

Phone: (09) 361-2060  
Address: Level 1, 114 Ponsonby Rd, Ponsonby

### **Quality Care Group Ltd**

Phone: (09) 626-5205  
Address: 478A Richardson Rd, Mt Roskill

### **Ranfurly Dental Care Ltd**

Phone: (09) 630-8965  
Address: 235 Manukau Rd, Epsom

### **Remuera Dental Centre**

Phone: (09) 524-7429  
Address: 351 Remuera Rd, Remuera

### **Royal Oak Dental Centre**

Phone: (09) 625-7069  
Address: 792A Manukau Rd, Royal Oak

### **Sandringham Central Dental Care**

Phone: (09) 815-7205  
Address: 532 Sandringham Rd, Sandringham

### **Sandringham Dental Centre**

Phone: (09) 846-1703  
Address: 575 Sandringham Rd, Sandringham

### **Smile Dental Ltd**

Phone: (09) 525-5743  
Address: Shop N219, Sylvia Park Shopping Centre, Mt Wellington

### **Smile Dental Ltd (Remuera)**

Phone: (09) 523-1288  
Address: Unit 42, 130 Great South Rd, Remuera

### **South Auckland A & E Dental Unit**

Phone: (09) 270-0200  
Address: 15-23 Station Rd, Otāhuhu

### **The Dentists**

Phone: (09) 625-1411  
Address: 150 Hillsborough Rd, Hillsborough

### **Three Kings Dental Centre**

Phone: (09) 625-7175  
Address: 536 Mt Albert Rd, Three Kings Plaza

### **Waiheke Dental Centre Ltd**

Phone: (09) 372-7422  
Address: 2 Pūtiki Rd, Ostend, Waiheke

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## **AUCKLAND SOUTH**

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### **A+ Dentists**

Phone: (09) 534-7916  
Address: 4 Fencible Drive, Howick

### **Ace Dental Centre**

Phone: (09) 273-3903  
Address: Unit A5, 30 – 50 Springs Rd, East Tāmaki

### **Advanced Dental Care**

Phone: (09) 266-6423  
Address: 7 Hill Rd, Manurewa

### **Anthony Hunt Dental**

Phone: (09) 292-9071  
Address: 52 Papakura-Clevedon Rd, Papakura

### **AUT Oral Health Clinic**

Phone: (09) 921-9263  
Address: 225 Buckland Rd, Mangere

### **Botany South Dental**

Phone: (09) 271 0008  
Address: Unit 24, 15 Bishop Lenihan Pl, Botany

### **Browns Road Dental Centre**

Phone: (09) 267-9619  
Address: Unit 5/235 Browns Rd, Manurewa

### **Chapel Park Dental**

Phone: (09) 272-8488  
Address: 140 Chapel Rd, Flat Bush

### **Clendon Dental Care Ltd**

Phone: (09) 266-0769  
Address: Clendon Medical Centre, 15 Palmers Rd, Manurewa West

### **Dannemora Dental Centre Ltd**

Phone: (09) 274-3305  
Address: 1 Redcastle Drive, Dannemora

### **Dental World**

Phone: (09) 296-6015  
Address: Selwyn Centre, 182 Great South Rd, Papakura



**Denture Designs**

Phone: (09) 277-6644

Address: 574 Great South Rd, Manukau City

**Dr Jim Innes Practice**

Phone: (09) 298-7501

Address: 7 O'Shannessey St, Papakura

**Dr Yagot's Dental Surgery**

Phone: (09) 278-3430

Address: 68 St George St, Papatoetoe

**Drury Dental Centre**

Phone: (09) 294-7761

Address: 217 Great South Rd, Drury

**Everglade Dental Centre**

Phone: (09) 262-3074

Address: 77C Everglade Drive, Manurewa

**Frank Dental Ltd**

Phone: (09) 265-0085

Address: 2/123 Ormiston Rd, Botany Downs

**Griffin Dental World**

Phone: (09) 277-6602

Address: 137 Kolmar Rd, Papatoetoe

**Guardian Dental**

Phone: (09) 279-4716

Address: 141 Great South Rd, Papatoetoe

**Hill Park Dental**

Phone: (09) 268-9543

Address: 32A Dennis Ave, Manurewa

**Howick Dental Surgery**

Phone: (09) 534-7465

Address: 6 Walter MacDonald St, Howick

**Howick Village Dental Centre**

Phone: (09) 534-8052

Address: 13 Cook St, Howick

**Hunter's Corner Prime Care Dental**

Phone: (09) 278-5635

Address: 185 Great South Rd, Papatoetoe

**Kilimanjaro Dental Centre**

Phone: (09) 534-2664

Address: 60 Kilimanjaro Drive, Howick

**Loudon Dental Group**

Phone: (09) 267-8033

Address: 4 Halver Rd, Manurewa

**Lumino Dental**

Phone: (09) 537-0768

Address: Unit C, 12 Amera Pl, Botany Downs

**M Macleans Dentists**

Phone: (09) 534-0504

Address: 219 Bucklands Beach Rd, Bucklands Beach

**Mahu Dental** *(in association with Raukura Hauora o Tainui)*

Phone: (09) 268-2266

Address: Trust Health Care, Cnr Halver Rd &amp; Hill Rd

**Mangere Dental Centre**

Phone: (09) 275-7754

Address: Mangere Town Centre, Bader Drive, Mangere

**Manukau Accident & Medical**

Phone: 0800 2622208

Address: 11E Bakerfield Pl, Manukau

**Manurewa Dental Centre**

Phone: (09) 267-3861

Address: 178 Great South Rd, Manurewa

**Marina Dentists Ltd**

Phone: (09) 535-1074

Address: Anchor Building, 1 Ara Tai Drive, Bucklands Beach

**Mighty Mouth Dental***(Chapel Downs Medical Centre)*

Phone: (09) 274-0330

Address: 124 Dawson Rd, East Tāmaki

**Mighty Mouth Dental***(Mangere Health Centre)*

Phone: (09) 275-6105

Address: 6 Waddon Pl, Mangere

**Ormiston Dental Centre**

Phone: (09) 272-8178

Address: Ormiston Hospital, Level 2, 125 Ormiston

**Otara Dental Centre**

Phone: (09) 274-9451

Address: 160C Bairds Rd, Otara

**Pacifica Dental**

Phone: (09) 269-7074

Address: 147 Great South Rd, Manurewa

**Pakuranga Dental Surgery**

Phone: (09) 576-6720

Address: 175 Pakuranga Rd, Pakuranga

**Papatoetoe Dental Centre**

Phone: (09) 278-4830

Address: 375 Great South Rd, Papatoetoe

**Primecare Dental Ltd**

Phone: (09) 535-9529  
Address: 5 Avimore Drive, Highland Park

**Pukekohe Dental Ltd**

Phone: (09) 238-6490  
Address: 190 King St, Pukekohe

**Queen Street Dental**

Phone: (09) 238-8343  
Address: 131 Queen St, Pukekohe

**Sanctuary Dental Ltd**

Phone: (09) 273-2173  
Address: Unit 20, 2 Bishop Dunn Pl, Flat Bush

**Selwyn House Dental**

Phone: (09) 534-2614  
Address: 16 Selwyn Rd, Howick

**Smile Dental Ltd**

Phone: (09) 534-2800  
Address: 1/119D Meadowland Dr, Sommerville

**Smile Dental Ltd (Manukau)**

Phone: 0800 476 453  
Address: 18 Wiri Station Rd, Manukau City

**Smile Dental Ltd (Papakura)**

Phone: (09) 299-8817  
Address: 79-85 Great South Rd, Papakura

**Southern Care Dental**

Phone: (09) 215-2030  
Address: 652 Great South Rd, Manukau City

**Takanini Dental Care**

Phone: (09) 296-2636  
Address: 106 Great South Rd, Takanini

**The Dental Company**

Phone: (09) 238-0438  
Address: 11 West St, Pukekohe

**The Dentists (East Tāmaki) Ltd**

Phone: (09) 274-0650  
Address: 20A Arwen Pl, East Tāmaki

**The Dentist (Pukekohe) Limited**

Phone: (09) 238-4619  
Address: 166 King St, Pukekohe

**Ti Rakau Dental Centre**

Phone: (09) 273-8911  
Address: 124 Dawson Rd, East Tāmaki

**Trevor Stevens Dental Surgery**

Phone: (09) 298-5164  
Address: 70 Wood St, Papakura

**Tuakau Dental Centre**

Phone: (09) 237-8150  
Address: 7/53 George St, Tuakau

**Waiuku Dental Centre**

Phone: (09) 235-8412  
Address: Unit 2, 26-30 Constable Rd, Waiuku

**Wallwork & Wright Dental Ltd**

Phone: (09) 298-5124  
Address: 21-23 Elliot St, Papakura

**Wilson & Denic Dental**

Phone: (09) 534-3214  
Address: 126 Picton St, Howick

## Adult Dental Services

The following providers of dental services offer low cost pain relief to adults for dental conditions.

### AUCKLAND NORTH

**Auckland DHB Oral Health Services**

Phone: (09) 630-9943 Ext. 26320  
Address: Greenlane Clinical Centre, 214 Greenlane West, One Tree Hill

**M Te Puna Hauora o Te Raki Paewhenua**

Phone: (09) 489-3049 Ext. 226  
Address: 58a Akoranga Drive, Northcote  
Web: [www.tepuna.org.nz](http://www.tepuna.org.nz)

### AUCKLAND WEST

**Auckland DHB Oral Health Services**

Phone: (09) 630-9943 Ext. 26320  
Address: Greenlane Clinical Centre, 214 Greenlane West, One Tree Hill

**Smile Dental (located at Whānau Centre, Te Whānau o Waipareira)**

Phone: 0800 4 SMILE (0800 4 76453)  
Address: Whānau Centre, Cnr Edsel & Catherine Streets, Henderson  
Email: [info@smiledental.co.nz](mailto:info@smiledental.co.nz)

### AUCKLAND CENTRAL

**Auckland DHB Oral Health Services**

Phone: (09) 630-9943 Ext. 26320  
Address: Greenlane Clinical Centre, 214 Greenlane West, One Tree Hill



Māori Specific



Pacific Island Specific

**The Peoples Centre**

Phone: (09) 302-2496  
Address: 33 Wyndham St, Auckland CBD  
Web: [www.peoplescentre.co.nz](http://www.peoplescentre.co.nz)

**AUCKLAND SOUTH**

**Auckland DHB Oral Health Services**

Phone: (09) 276-0145  
Address: Middlemore Hospital, Hospital Rd,  
Otahuhu

**Auckland DHB Oral Health Services**

*(Southern Cross Campus)*  
Phone: (09) 268-2266  
Address: 225 Buckland Rd, Mangere

**M Mahu Dental** *(in association with Raukura  
Hauora o Tainui)*

Phone: (09) 275-7830  
Address: Trust Healthcare, 7 Hill Rd, Manurewa

**The Peoples Centre**

Phone: 0800 4 PEOPLE (0800 473 6753)  
Address: 7 Halver Rd, Manurewa  
Web: [www.peoplescentre.co.nz](http://www.peoplescentre.co.nz)

**NOTES**

# Well Child Services – Tamariki Ora

Well Child/Tamariki Ora services are free to all New Zealand children from birth to 5 years of age. Children are entitled to 11 free visits. These visits, along with other Well Child/Tamariki Ora services, aim to give children the best start in life by protecting against illness, detecting problems early and providing support to parents and families.

For further information on Well Child services go to [www.wellchild.org.nz](http://www.wellchild.org.nz) or ring PlunketLine on 0800 933 922.

## AUCKLAND NORTH

### Plunket

Phone: 0800 933 922  
Address: Ring PlunketLine or go to their website to find a Plunket nurse nearest to you.  
Web: [www.plunket.org.nz](http://www.plunket.org.nz)

### **M** Te Puna Hauora o Te Raki Paewhenua

Phone: (09) 489-0181  
Address: 58a Akoranga Drive, Northcote  
Web: [www.tepunha.org.nz](http://www.tepunha.org.nz)

## AUCKLAND WEST

### Plunket

Phone: 0800 933 922  
Address: Ring PlunketLine or go to their website to find a Plunket nurse nearest to you.  
Web: [www.plunket.org.nz](http://www.plunket.org.nz)

### **M** Te Whānau o Waipareira Trust

Phone: (09) 836-6683 or 0800 924 942  
Address: Whānau House, 6 – 8 Pioneer St, Henderson  
Web: [www.waipareira.com](http://www.waipareira.com)

### **P** West Fono Health Trust

Phone: (09) 837-1780  
Address: 411 Great North Rd, Henderson  
Web: [www.westfono.co.nz](http://www.westfono.co.nz)

## AUCKLAND CENTRAL

### **P** Health Star Pacific Trust

Phone: (09) 527-2300  
Address: 136 Queens Rd, Panmure, Auckland  
Email: [office@healthstarpacific.co.nz](mailto:office@healthstarpacific.co.nz)

### **P** Tongan Health Society (Langimalie)

Phone: (09) 636-3629  
Address: 29 Hill St, Onehunga

### **M** Ngāti Whātua o Ōrākei Health Services

Phone: (09) 578-0941 Ext. 1  
Address: 230 Kupe St, Ōrākei  
Web: [www.orakeihealth.org.nz](http://www.orakeihealth.org.nz)

### Plunket

Phone: 0800 933 922  
Address: Ring PlunketLine or go to their Web: to find a Plunket nurse nearest to you.  
Web: [www.plunket.org.nz](http://www.plunket.org.nz)

## AUCKLAND SOUTH

### **M** Papakura Marae

Phone: (09) 298-3877  
Address: 29 Hunua Rd, Papakura  
Web: [www.papakuramarae.co.nz](http://www.papakuramarae.co.nz)

### Plunket

Phone: 0800 933 922  
Address: Ring PlunketLine or go to their Web: to find a Plunket nurse nearest to you.  
Web: [www.plunket.org.nz](http://www.plunket.org.nz)

### **M** Raukura Hauora o Tainui

Phone: (09) 263-8040  
Address: 47 Druces Rd, Wiri  
Web: [www.raukura.org.nz](http://www.raukura.org.nz)

### **P** South Seas Healthcare Trust

Phone: (09) 278-2694  
Address: Level 1, 31 East Tāmaki Rd, Papatoetoe  
Web: [www.southseas.org.nz](http://www.southseas.org.nz)



Māori Specific



Pacific Island Specific

# Sexual Health Services

Sexual health services provide birth control advice, education and products, as well as a range of advice, education and treatment for sexually transmitted diseases. Your local medical centre or GP can also provide advice, education and treatment regarding birth control and sexually transmitted diseases.

## AUCKLAND NORTH

### Family Planning - Orewa

Phone: (09) 486-1014  
Address: 214 Hibiscus Highway, Orewa  
Web: [www.familyplanning.org.nz](http://www.familyplanning.org.nz)

### Family Planning - Takapuna

Phone: (09) 486-1014  
Address: 15 Anzac St, Takapuna  
Web: [www.familyplanning.org.nz](http://www.familyplanning.org.nz)

### North Shore Sexual Health Service – Auckland District Health Board

Phone: 0800 73 94 32 or  
(09) 443-9580 or (09) 307-2800  
Address: 418 Glenfield Rd, Glenfield

## AUCKLAND WEST

### Family Planning - Henderson

Phone: (09) 836-0026  
Address: Level 2, 6 Alderman Drive, Henderson  
Web: [www.familyplanning.org.nz](http://www.familyplanning.org.nz)

### West Auckland Sexual Health Services – Auckland District Health Board

Phone: 0800 73 94 32 or (09) 836-0838  
Address: Westpac House, 362 Great North Rd, Henderson

## AUCKLAND CENTRAL

### Auckland Sexual Health Service – Auckland District Health Board

Phone: 0800 73 94 32 or (09) 630-9770  
Address: Building 7, Level 3, Greenlane Clinical Centre, Greenlane West Road, One Tree Hill

### Family Planning - Highland Park

Phone: (09) 263-7600  
Address: 47 Aviemore Drive, Highland Park  
Web: [www.familyplanning.org.nz](http://www.familyplanning.org.nz)

### Family Planning - Wesley

Phone: (09) 836-0026  
Address: 740 Sandringham Rd Extn, Mt Roskill  
Web: [www.familyplanning.org.nz](http://www.familyplanning.org.nz)

### Family Planning - Newmarket

Phone: (09) 524-3341  
Address: Level 2, 5 Short St, Newmarket  
Web: [www.familyplanning.org.nz](http://www.familyplanning.org.nz)

### Family Planning - Panmure

Phone: (09) 570-9871  
Address: C.A.B, 1 Pilkington Rd, Panmure  
Web: [www.familyplanning.org.nz](http://www.familyplanning.org.nz)

## AUCKLAND SOUTH

### Family Planning - Manukau

Phone: (09) 263-7600  
Address: Level 3, Westfield Shopping Centre, Manukau City  
Web: [www.familyplanning.org.nz](http://www.familyplanning.org.nz)

### Family Planning - Papakura

Phone: (09) 298-4608  
Address: Trust Arcade, 169 Great South Rd, Papakura  
Web: [www.familyplanning.org.nz](http://www.familyplanning.org.nz)

### South Auckland Sexual Health Clinic – Auckland District Health Board

Phone: 0800 73 94 32 or (09) 255-5172  
Address: 12 Waddon Pl, Mangere

### Te Kaha o te Rangatahi Trust

Phone: (09) 267-6300  
Address: 11 Dalgety Drive, Wiri  
Web: [www.tekaha.co.nz](http://www.tekaha.co.nz)



# Cancer Screening and Support Services

New Zealand's free national breast screening programme checks women for signs of early breast cancer. Regular mammograms are available for women aged between 45 and 69 to reduce their risk of dying of breast cancer. Women should be screened for breast cancer at least once every two years. To find out how to enrol or to contact your nearest breast screening unit, phone 0800 27 02 00.

New Zealand's free national cervical screening checks women for early signs of cervical cancer. Cervical screening is available to women aged between 20 and 70 years old. Women should be screened for cervical cancer at least once every three years. Cervical screening is available from your local medical centre or GP.

There are also services available to support individuals diagnosed with cancer and their whānau. These services are also listed below.

## AUCKLAND WIDE

### Breast Cancer Support

Free Phone: 0800 27 32 22

Email: [support@breastcancersupport.co.nz](mailto:support@breastcancersupport.co.nz)

Web: [www.breastcancersupport.co.nz](http://www.breastcancersupport.co.nz)

### Cancer Voices NZ

Free Phone: 0800 65 53 55 or 027 246 6655

Email: [info@cancervoices.org.nz](mailto:info@cancervoices.org.nz)

Web: [www.cancervoices.org.nz](http://www.cancervoices.org.nz)

### CanTeen

Phone: 0800 22 68 336 or (09) 303-4444

Address: 111 Grafton Rd, Grafton

Email: [info@canteen.org.nz](mailto:info@canteen.org.nz)

Web: [www.canteen.org.nz](http://www.canteen.org.nz)

### Child Cancer Foundation

Phone: 0800 42 44 53 or (09) 366-1270

Address: 76 Grafton Rd, Grafton

Email: [info@childcancer.org.nz](mailto:info@childcancer.org.nz)

Web: [www.childcancer.org.nz](http://www.childcancer.org.nz)

### Well Women & Family Trust (WONS)

Phone: (09) 846-7886 Ext. 0

Address: Mobile services

Web: [www.wons.org.nz](http://www.wons.org.nz)

Mammography screening is provided by a mobile screening unit which visits a variety of locations in Auckland. The mobile screening unit schedule is available by phoning WONS or checking their Web. Free screening is provided to women over 30 years of age who have not been screened in the last five years.

## AUCKLAND NORTH

### Breastscreen Waitemata Northland

Phone: 0800 27 02 00 or (09) 484-0200

Address: Takapuna Clinic, 2 Pupuke Rd, Takapuna (Mam\*ography Screening Unit)

Email: [enrolments@BSWN.govt.nz](mailto:enrolments@BSWN.govt.nz)

Mammography screening is also provided by a mobile screening unit which visits a variety of locations on the North Shore and Rodney. The mobile screening unit schedule is available by phoning 0800 27 02 00.

### Hibiscus Hospice

Phone: (09) 421-9180

Address: 2a John Dee Crescent, Red Beach

Email: [admin@hchospice.org.nz](mailto:admin@hchospice.org.nz)

Web: [www.hibiscushospice.org.nz](http://www.hibiscushospice.org.nz)

### Hospice Warkworth/Wellsford

Phone: (09) 425-9535

Address: 51 Woodcock Rd, Warkworth

Email: [admin@hospicehouse.org.nz](mailto:admin@hospicehouse.org.nz)

### North Shore Hospice

Phone: (09) 486-1688

Address: 7 Shea Terrace, Takapuna

Email: [sam.held@nshospice.org.nz](mailto:sam.held@nshospice.org.nz)

Web: [www.nshospice.org.nz](http://www.nshospice.org.nz)

### **M** Te Puna Hauora o Te Raki Paewhenua

Phone: (09) 489-8349

Address: 58a Akoranga Drive, Northcote

Email: [northcotereception@tepuna.org.nz](mailto:northcotereception@tepuna.org.nz)

Web: [www.tepuna.org.nz](http://www.tepuna.org.nz)



Māori Specific



Pacific Island Specific

## AUCKLAND WEST

### Breastscreen Waitemata Northland

Phone: 0800 27 02 00 or (09) 484 0200  
 Address: Waitakere Clinic, Waitakere Hospital, Entrance off Woodford Ave, Henderson (Mammography Screening Unit)  
 Email: enrolments@BSWN.govt.nz

Mammography screening is also provided by a mobile screening unit which visits a variety of locations in Waitakere and Kaipara. The mobile screening unit schedule is available by phoning 0800 27 02 00.

### Hospice West Auckland

Phone: (09) 834-9755  
 Address: 52 Beach Rd, Te Atatu Peninsula  
 Email: karent@hwa.org.nz  
 Web: www.hwa.org.nz

### **M** Te Whānau o Waipareira Trust

Phone: 0800 92 49 42 or (09) 836-6683  
 Address: 6-8 Pioneer St, Henderson (Level 2, Whānau House)  
 Email: administration@waiwhanau.com  
 Web: www.waipareira.com

## AUCKLAND CENTRAL

### Amitabha Hospice Services

Phone: (09) 828-3321 or 027 777 6980  
 Address: 44 Powell St, Avondale  
 Email: office@amitabhahospice.org  
 Web: www.amitabhahospice.org

### Breast Cancer Aotearoa

Phone: (09) 925-7199 or 021 990 244  
 Email: bcac@breastcancer.org.nz  
 Web: www.breastcancer.org.nz

### Breastscreen Auckland Ltd

Phone: 0800 27 02 00 (Option 2) or (09) 522-4765  
 Address: 1 MacMurray Rd, Remuera (Mammography Screening Unit)

Mammography screening is also provided by a mobile screening unit which visits a variety of locations in Auckland Central. The mobile screening unit schedule is available by phoning 0800 27 02 00.

### Cancer Society of NZ

Phone: 0800 22 62 37 or (09) 308-0160  
 Address: 1 Boyle Crescent, Grafton  
 Email: info@akcansoc.org.nz  
 Web: www.cancernz.org.nz

### Dove House Eastern Bays Hospice Trust

Phone: (09) 575-4555  
 Address: 207a Riddell Rd, Glendowie  
 Email: admin@ebhospice.org.nz or support@ebhospice.org.nz  
 Web: www.ebhospice.org.nz

### Leukaemia & Blood Foundation

Phone: 0800 15 10 15 or (09) 638-3556  
 Address: 6 Claude Rd, Epsom  
 Email: info@leukaemia.org.nz  
 Web: www.leukaemia.org.nz or www.lifebloodlive.org.nz

### Mercy Hospice

Phone: (09) 361-5966  
 Address: 61 College Hill, Ponsonby  
 Email: admin@mercyhospice.org.nz  
 Web: www.mercyhospice.org.nz

### Waiheke Homecare Hospice

Phone: (09) 372-7131  
 Address: 42 Wharf Rd, Ostend, Waiheke Island  
 Email: waihekehospice@extra.co.nz

## AUCKLAND SOUTH

### Breastscreen Counties Manukau

Phone: 0800 27 02 00 or (09) 250-8000  
 Address: **Mammography Screening Unit**  
 Manukau Super Clinic, 901 Great South Rd, Manurewa  
**Mammography Screening Unit**  
 260 Botany Rd, Botany Downs  
**Mammography Screening Unit**  
 18 Fencible Dr, Howick  
**Mammography Screening Unit**  
 Mangere Community Health,  
 10 Waddon Pl, Mangere  
**Mammography Screening Unit**  
 59c East Tamaki Rd, Papatoetoe  
**Mammography Screening Unit**  
 10 West St, Pukekohe  
 Email: bscm@middlemore.co.nz

Mammography screening is also provided by a mobile screening unit which visits a variety of locations in the Counties Manukau region. The mobile screening unit schedule is available by phoning 0800 27 02 00.

## M

Phone: (09) 973-0787

Address: Otahuhu Business Centre,  
519 Great South Rd, Otahuhu

Email: [info@tehononga.org.nz](mailto:info@tehononga.org.nz)

## Tōtara Hospice

Phone: (09) 640-0025

Address: 140 Charles Prevost Drive,  
The Gardens, Manukau

Email: [jessie.mravicich@hospice.co.nz](mailto:jessie.mravicich@hospice.co.nz)

## NOTES

# Alcohol and Drug Addiction Services

## AUCKLAND WIDE

### Alcohol and Drug Helpline

Free Phone: 0800 78 77 97

Email: [info@alcoholdrughelp.org.nz](mailto:info@alcoholdrughelp.org.nz)

## AUCKLAND NORTH

### Community Alcohol & Drugs Service (CADS) - North

Phone: (09) 488-2701,

Address: 14 Como St, Takapuna

Web: [www.cads.org.nz](http://www.cads.org.nz)

### DARE Rodney

Phone: (09) 427-9816

Web: [www.dare.org.nz](http://www.dare.org.nz)

### Foundation of Alcohol & Drug Education

Phone: (09) 444-1705 or 027 477 7114

Address: 3 William Laurie Pl, Albany

Email: [colin@fade.org.nz](mailto:colin@fade.org.nz)

Web: [www.fade.org.nz](http://www.fade.org.nz)

### **M** Te Ātea Marino ki te Raki - North

Phone: 0800 62 74 66 or (09) 487-1497

Address: LGF, Maurea Waimarie Building, 44 Taharoto Rd, Takapuna

### **M** Te Puna Hauora o Te Raki Paewhenua

Phone: (09) 489-8349

Email: [northcotereception@tepuna.org.nz](mailto:northcotereception@tepuna.org.nz)

Address: 58a Akoranga Drive, Northcote

## AUCKLAND WEST

### Community Alcohol & Drugs Service

#### (CADS) - West

Phone: (09) 837-9400,

Address: 1st Floor, 1 Trading Pl, Henderson

Web: [www.cads.org.nz](http://www.cads.org.nz)

### Higher Ground Drug Rehabilitation Trust (Residential)

Phone: (09) 834-0017

Address: 118 Beach Rd, Te Atatu

Email: [pam@higherground.org.nz](mailto:pam@higherground.org.nz)

### Salvation Army - Waitakere

Phone: (09) 837-4471

Address: 7-9 View Rd, Henderson

Email: [waitakerecentral\\_corps@nzf.](mailto:waitakerecentral_corps@nzf.salvationarmy.org.nz)

[salvationarmy.org.nz](http://salvationarmy.org.nz)

Web: [www.salvationarmy.org.nz](http://www.salvationarmy.org.nz)

### **M** Te Ātea Marino ki te Uru - West

Phone: 0800 62 74 66 or (09) 822-8555

Address: 33 -37 Paramount Drive, Henderson

### **M** Te Whānau o Waipareira Trust

Phone: (09) 836-6683

Address: Level 2, Whānau House, 6-8 Pioneer St, Henderson

Email: [administration@waiwhanau.com](mailto:administration@waiwhanau.com)

Web: [www.waipareira.com](http://www.waipareira.com)

## AUCKLAND CENTRAL

### Adio Trust - Needle/Syringe Exchange Programme

Phone: (09) 356-7373

Address: 10 East St, Auckland

Email: [adio@ihug.co.nz](mailto:adio@ihug.co.nz)

### Alcohol Anonymous Auckland

Phone: 0800 22 96 757 or (09) 366-6688

Address: Level 2, 72 Pitt St, Auckland CBD

Email: [aaauckland@extra.co.nz](mailto:aaauckland@extra.co.nz)

### Altered High Youth Services CADS Auckland

Phone: (09) 845-1893

Address: Level 2, 409 New North Rd, Kingsland

Email: [alteredhigh@extra.co.nz](mailto:alteredhigh@extra.co.nz)

Web: [www.cads.org.nz](http://www.cads.org.nz)

### Auckland City Mission

Phone: (09) 303-9200

Address: 140 Hobson St, Auckland CBD

Email: [info@aucklandcitymission.org.nz](mailto:info@aucklandcitymission.org.nz)

Web: [www.aucklandcitymission.org.nz](http://www.aucklandcitymission.org.nz)

## Community Alcohol & Drugs Service (CADS) - Central

Phone: (09) 845-1800,  
Address: 1st Floor, 409 New North Rd,  
Kingsland  
Web: [www.cads.org.nz](http://www.cads.org.nz)

## Epson Lodge (Salvation Army, Residential)

Phone: (09) 524-0252  
Address: 18 Margot St, Epsom  
Web: [www.salvationarmy.org.nz](http://www.salvationarmy.org.nz)

## Narcotics Anonymous

Free Phone: 0800 62 86 32  
Email: [pr@nzna.org.nz](mailto:pr@nzna.org.nz)  
Web: [www.nzna.org.nz](http://www.nzna.org.nz)

## Odyssey House (Residential, Adult & Young Adults)

Phone: (09) 638-4957  
Address: First Floor, 110 Mt Eden Rd, Auckland  
Email: [admissions@odyssey.org.nz](mailto:admissions@odyssey.org.nz)  
Web: [www.odyssey.org.nz](http://www.odyssey.org.nz)

## **P** Pacific Island Drug & Alcohol Services (PIDAS)

Mobile: 021 300 736  
Email: [ettanoi@gmail.com](mailto:ettanoi@gmail.com)

## **M** Piritahi Hauora

Phone: (09) 372-0022  
Address: 53 Tahatai Rd, Blackpool,  
Waiheke Island  
Email: [piritahihauora@xtra.co.nz](mailto:piritahihauora@xtra.co.nz)

## Salvation Army Bridge Programme

Phone: (09) 630-1491  
Address: 15 Ewington Ave, Mt Eden  
Email: [akbridge@xtra.co.nz](mailto:akbridge@xtra.co.nz)  
Web: [www.sab.org.nz](http://www.sab.org.nz)

## Social Detoxification Services – Auckland City Mission

Phone: (09) 303-3016  
Address: 203 Federal St, Auckland CBD  
Email: [detox@aucklandcitymission.org.nz](mailto:detox@aucklandcitymission.org.nz)

## Substance Abuse Education Trust

Phone: (09) 372-5583  
Email: [sae@xtra.co.nz](mailto:sae@xtra.co.nz)

## **M** Te Ātea Marino ki te Rāwhiti – Central

Phone: 0800 62 74 66 or (09) 263-2042  
Address: Pitman House, 50 Carrington Rd,  
Point Chevalier

## TRANX Drug & Alcohol Services

Phone: (09) 356-7305  
Address: Level 2, 203 Karangahape Rd, Newton  
Email: [tranx@tranx.org.nz](mailto:tranx@tranx.org.nz)  
Web: [www.tranx.org.nz](http://www.tranx.org.nz)

## Wings Trust

Phone: (09) 815-1631 or 027 446 5476  
Address: 43 Walters Rd, Mt Eden  
Email: [jill@wingstrust.co.nz](mailto:jill@wingstrust.co.nz)  
Web: [www.wingstrust.co.nz](http://www.wingstrust.co.nz)

## AUCKLAND SOUTH

## CareNZ

Phone: 0800 68 24 68 or  
(09) 276-7193 or (09) 276-7192  
Address: Level 1, 269 St George St, Papatoetoe  
Email: [auckland@carenz.co.nz](mailto:auckland@carenz.co.nz)  
Web: [www.carenz.co.nz](http://www.carenz.co.nz)

## Community Alcohol & Drugs Service (CADS) - South

Phone: (09) 263-2000,  
Address: Building 4, 17 Lambie Drive,  
Manukau City  
Web: [www.cads.org.nz](http://www.cads.org.nz)

## DARE Counties Manukau

Phone: (09) 295-0342  
Address: 64 Wood St, Papakura  
Web: [www.dare.org.nz](http://www.dare.org.nz)

## **M** Raukura Hauora o Tainui

Phone: (09) 263-8040  
Address: 47 Druces Rd, Manukau  
Email: [enquiries@rauakura.org.nz](mailto:enquiries@rauakura.org.nz)  
Web: [www.raukura.org.nz](http://www.raukura.org.nz)

## **M** Te Ātea Marino ki te Tonga – South

Phone: 0800 62 74 66 or (09) 263-2042  
Address: Building 4, 17 Lambie Drive, Manukau

## Waiuku Family Support Network

Phone: (09) 235-9099 or (09) 235-9089  
Address: 56 Queen St, Waiuku  
Email: [wfsn@xtra.co.nz](mailto:wfsn@xtra.co.nz)

# Smoking Cessation Services

Brief advice and support to stop smoking (such as nicotine patches and gum) can be accessed from your local medical clinic or GP. More intensive support to stop smoking can be accessed from the providers below.

## AUCKLAND WIDE

### Quitline

Phone: 0800 778 778  
Web: [www.quit.org.nz](http://www.quit.org.nz)

### SmokeStop

Phone: 0508 766 537 or  
(09) 529-0316  
Web: [www.smokestop.co.nz](http://www.smokestop.co.nz)

## AUCKLAND NORTH

### **P** Auckland Regional Public Health Service - Pacific Smokefree Service

Phone: 0800 TO QUIT - 0800 867 848  
Email: [pacificquit@adhb.govt.nz](mailto:pacificquit@adhb.govt.nz)

### **M** Te Hā Oranga – Te Rūnanga o Ngāti Whātua (Wellsford)

Phone: (09) 423-6091  
Address: 158 Rodney St, Wellsford  
Email: [jeanetten@teha.co.nz](mailto:jeanetten@teha.co.nz)

### Waitemata DHB Pregnancy Smoking Cessation Service

Phone: (09) 414-6761 or  
021 615 447 (English)  
(09) 440-5210 or  
021 400 793 (Māori)  
(09) 414-6767 or  
021 249 0874 (Samoan)  
(09) 414-6764 or  
021 249 0365 (Tongan)

## AUCKLAND WEST

### **P** Auckland Regional Public Health Service - Pacific Smokefree Service

Phone: 0800 TO QUIT - 0800 867 848  
Email: [pacificquit@adhb.govt.nz](mailto:pacificquit@adhb.govt.nz)

### **M** Ngāti Whātua o Ōrākei Health Services

Phone: (09) 578-0941  
Address: 272 Apirana Ave, Glen Innes  
Web: [www.orakeihealth.org.nz](http://www.orakeihealth.org.nz)

### **M** Te Hā Oranga – Te Rūnanga o Ngāti Whātua (Helensville)

Phone: (09) 420-8523  
Address: 98 Commercial Rd, Helensville  
Email: [maramap@teha.co.nz](mailto:maramap@teha.co.nz)

### Waitemata DHB Pregnancy Smoking Cessation Service

Phone: (09) 414-6761 or  
021 615 447 (English)  
(09) 440-5210 or  
021 400 793 (Māori)  
(09) 414-6767 or  
021 249 0874 (Samoan)  
(09) 414-6764 or  
021 249 0365 (Tongan)

## AUCKLAND CENTRAL

### ASH Action on Smoking & Health

Phone: (09) 520-4866  
Address: Ground Floor, 19 Mauranui Ave,  
Epsom  
Email: [ashnz@ash.org.nz](mailto:ashnz@ash.org.nz)  
Web: [www.ash.org.nz](http://www.ash.org.nz)

### Auckland DHB Smokefree Services (includes smokefree pregnancy services)

Phone: (09) 307-4949 (Ext 26577)  
Address: Building 14, Level 3, Greenlane  
Clinical Centre, Greenlane West,  
One Tree Hill  
Email: [smokefree@adhb.govt.nz](mailto:smokefree@adhb.govt.nz)  
Web: [www.adhb.govt.nz](http://www.adhb.govt.nz)

### **P** Auckland Regional Public Health Service - Pacific Smokefree Service

Phone: 0800 TO QUIT - 0800 867 848  
Email: [pacificquit@adhb.govt.nz](mailto:pacificquit@adhb.govt.nz)

## Tala Pasifika

Phone: (09) 571-4668  
Address: 9 Kalmia St, Ellerslie  
Email: [info@talapasifika.org.nz](mailto:info@talapasifika.org.nz)  
Website: [www.talapasifika.org.nz](http://www.talapasifika.org.nz)

**M** Ngāti Whātua o Ōrākei Health Services

Phone: (09) 578-0941  
Address: 272 Apirana Ave, Glen Innes  
Web: [www.orakeihealth.org.nz](http://www.orakeihealth.org.nz)

**P Pacific Quit Smoking Service**

Phone: 0800 86 7848  
Address: Greenlane Clinical Centre,  
Greenlane West, One Tree Hill  
Email: [pacificquit@adhb.govt.nz](mailto:pacificquit@adhb.govt.nz)  
Web: [www.arphs.govt.nz](http://www.arphs.govt.nz)

## AUCKLAND SOUTH

**P** Bader Drive Healthcare

Phone: (09) 275-8598 Ext. 2  
Address: 93 Bader Drive, Mangere  
Email: [smokefree@bdhealthcare.co.nz](mailto:smokefree@bdhealthcare.co.nz)

**Mangere Community Health Trust  
Pregnancy Service**

Phone: (09) 255-0618  
Address: 18-26 Amelia Earhart Avenue,  
Airport Oaks, Manukau  
Email: [stopsmoking@mangerehealth.org.nz](mailto:stopsmoking@mangerehealth.org.nz)  
Web: [www.mangerehealth.org.nz](http://www.mangerehealth.org.nz)

**M** Raukura Hauora o Tainui

Phone: (09) 263-8040  
Address: 47 Druces Rd, Manukau  
Email: [enquiries@rauakura.org.nz](mailto:enquiries@rauakura.org.nz)  
Web: [www.rauakura.org.nz](http://www.rauakura.org.nz)

**P** Southseas Healthcare

Phone: (09) 273-9017  
Address: Shop 11, Otara Town Centre, Otara  
Web: [www.southseas.org.nz](http://www.southseas.org.nz)

## NOTES

# Mental Health Support Services

Support with mild mental health conditions (such as early depression) can be accessed from your local medical centre or GP who can also refer you to more intensive support options if needed. There are also telephone services available (listed below) that can provide assistance to access the right level of care. Other providers listed provide more intensive community based support and residential support.

## AUCKLAND WIDE

### Challenge Trust

Phone: (09) 265-3243 or 027 562 3806  
Address: 320 Ti Rakau Drive, Burswood  
Web: [www.challenge.co.nz](http://www.challenge.co.nz)

### Community Assessment & Treatment Team

(Crisis Intervention Services)

Free Phone: 0800 80 07 17

### Depression Helpline

Free Phone: 0800 11 17 57  
Email: [admin@depression.org.nz](mailto:admin@depression.org.nz)  
Web: [www.depression.org.nz](http://www.depression.org.nz)

### Framework

Phone: (09) 523-2790  
Address: Ground Floor, 57 Market Rd, Epsom  
Email: [reception@framework.org.nz](mailto:reception@framework.org.nz)  
Web: [www.framework.org.nz](http://www.framework.org.nz)

### GROW New Zealand – National Office

Phone: (09) 846-6869  
Address: 97 St Lukes Rd, Sandringham  
Email: [national@grow.org.nz](mailto:national@grow.org.nz)

### Mental Health Foundation NZ - Auckland

Phone: (09) 300-7010 or (09) 300-7030  
Address: 81 New North Rd, Eden Terrace  
Email: [info@mentalhealth.org.nz](mailto:info@mentalhealth.org.nz)

### Richmond New Zealand Trust

Phone: (09) 847-9156  
Address: 103 Richardson Rd, Mt Albert  
Email: [northern@richmond.org.nz](mailto:northern@richmond.org.nz)  
Web: [www.richmondnz.org/](http://www.richmondnz.org/)

### The Phobic Trust of New Zealand

Phone: 0800 14 ANXIETY or (09) 846-9776  
Address: 77 Morningside Drive, St Lukes

### Youthline

Phone: 0800 37 66 33  
Free Text: 234  
Email: [talk@youthline.co.nz](mailto:talk@youthline.co.nz)

## AUCKLAND NORTH

### Community Mental Health Team (Waitemata DHB)

Phone: (09) 487-1414 or (09) 487-1400  
Address: 44 Taharoto Rd, Takapuna  
(North Shore Hospital)

### Equip

Phone: (09) 477-0338  
Address: 550 East Coast Rd, Mairangi Bay  
(Windsor Park Centre)  
Email: [operations@equip.net.nz](mailto:operations@equip.net.nz)

### **P** Isa Lei - Pacific Island Community Mental Health Services (Waitemata DHB)

Phone: (09) 822-8750 or (09) 822-8777  
Address: 33 – 37 Paramount Drive, Henderson  
Email: [josalina.silimaka@waitematadhb.govt.nz](mailto:josalina.silimaka@waitematadhb.govt.nz)

### Mental Health Services for Older People

(Over 65) (Waitemata DHB)  
Phone: (09) 486-8900  
Address: Ground Floor, North Shore Hospital,  
Shakespeare Rd, Takapuna

### Marinoto Child and Youth Mental Health Services – North Child Team (Waitemata DHB)

Phone: 0800 48 95 55  
Address: 124a Shakespeare Rd, Takapuna

### Marinoto Child and Youth Mental Health Services – North Youth Team (Waitemata DHB)

Phone: 0800 48 95 55  
Address: Pupuke Building, North Shore  
Hospital, Shakespeare Rd, Takapuna

### MOKO Services North – Māori Mental Health (Waitemata DHB)

Phone: (09) 487-1497  
Address: Lower Ground Floor, 44 Taharoto Rd,  
Takapuna

### Raeburn House – North Shore Community



## Health Network

Phone: (09) 441-8989  
Address: 138 Shakespeare Rd, Takapuna  
Email: info@raeburnhouse.org.nz  
Web: www.raeburnhouse.org.nz

## M Te Puna Hauora o Te Raki Paewhenua

Phone: (09) 489-8349  
Address: 58a Akoranga Drive, Northcote  
Email: northcotereception@tepuna.org.nz

## AUCKLAND WEST

### Dayspring Trust

Phone: (09) 827-6321 or 027 417 8801  
Address: 2 Seabrook Ave, New Lynn  
(Old New Lynn School Building)  
Email: dayspring@extra.co.nz  
Web: www.dayspring.co.nz

### P Isa Lei - Pacific Island Community Mental Health Services (Waitemata DHB)

Phone: (09) 822-8750 or (09) 822-8777  
Address: 33 - 37 Paramount Drive, Henderson  
Email: josalina.silimakaka@waitematadhb.govt.nz

### Marinoto Child and Youth Mental Health Services – West Child Team (Waitemata DHB)

Phone: 0800 80 07 17  
Address: Child Health Unit, Waitakere Hospital,  
55 - 75 Lincoln Rd, Henderson

### Marinoto Child and Youth Mental Health Services – West Youth Team (Waitemata DHB)

Phone: 0800 80 07 17  
Address: 33 - 37 Paramount Drive, Henderson

### Mental Health Services for Older People (Over 65) (Waitemata DHB)

Phone: (09) 837-9100  
Address: Level 3, Snelgar Building,  
Waitakere Hospital,  
55 - 75 Lincoln Rd, Henderson

### Mind and Body Consultants Ltd - West

Phone: (09) 838-3204  
Address: 6B Montel Ave, Henderson  
Email: admin@mindandbody.co.nz  
Website: www.mindandbody.co.nz

### M MOKO Services West – Māori Mental Health (Waitemata DHB)

Phone: (09) 822-8555  
Address: 33 - 37 Paramount Drive, Henderson

### Te Ata West Auckland Mental Health

Phone: (09) 837-0671  
Address: H2 & H3, 52 Keeling Rd, Henderson

### M Te Kōtuku ki te Rangi

Phone: (09) 820-0045  
Address: 2/40 Copsey Pl, Avondale  
Email: reception@tekotuku.co.nz

### M Te Whānau o Waipareira Trust

Phone: (09) 836-6683  
Address: Level 2, Whānau House, 6-8 Pioneer St,  
Henderson  
Email: administration@waiwhanau.com  
Web: www.waipareira.com

### WALSH Trust

Phone: (09) 837-5240  
Address: 8 Hickory Ave, Henderson  
Email: reception@walsh.org.nz  
Web: www.walsh.org.nz

## AUCKLAND CENTRAL

### Affinity Services

Phone: (09) 531-4040  
Address: Level 1, 300 Great South Rd,  
Greenlane  
Web: www.affinityservices.co.nz

### Cornwell House Community Mental Health Service (Auckland DHB)

Phone: (09) 623-5780 or 021 241 8301  
Address: Greenlane Clinical Centre,  
214 Green Lane Rd West,  
One Tree Hill  
Email: gareths@adhb.govt.nz

### Crossroads Clubhouse

Phone: (09) 376-4267  
Address: 393 Great North Rd, Grey Lynn  
Email: adminclubhouse@vodafone.co.nz

### Lifeline Aotearoa Suicide Prevention Education

Phone: (09) 909-9211  
Address: 95 Great South Rd, Remuera  
Email: spe@lifeline.org.nz

**P Lotofale - Pacific Mental Health Service**  
(Auckland DHB)

Phone: (09) 623-4689 or after hours  
crisis line 0800 80 07 17  
Address: LGF, Cornwall Complex,  
Greenlane Clinical Centre,  
Greenlane Rd West, One Tree Hill  
Email: snesi@adhb.govt.nz

**M Mahitahi Trust**

Phone: (09) 258-5900  
Address: 10-14 Park Ave, Otāhuhu  
Email: enquiries@mahitahi.co.nz

**Manaaki House Community Mental Health Centre** (Auckland DHB)

Phone: 0800 80 07 17 or (09) 570-6519  
Address: 15 Pleasant View Rd, Panmure

**M Manawanui Oranga Hinengaro**  
(Auckland DHB)

Phone: (09) 845-3084  
Address: 11 Sutherland Rd, Point Chevalier

**Maternal Mental Health Team**  
(Auckland DHB)

Phone: (09) 630-9943 Ext. 4454  
Address: GF, Building 14,  
Greenlane Clinical Centre,  
Greenlane West Rd, One Tree Hill  
Email: maternalmh@adhb.govt.nz

**Mind and Body Consultants Ltd - Central**

Phone: (09) 630-5909  
Address: 395A Manukau Rd, Epsom  
Email: admin@mindandbody.co.nz  
Website: www.mindandbody.co.nz

**St Lukes Community Mental Health Centre**  
(Auckland DHB)

Phone: 0800 80 07 17 or (09) 845-0940  
Address: 615 New North Rd, Morningside

**Supporting Families in Mental Illness**  
(SFNZ – Auckland)

Phone: 0800 73 28 25 or (09) 378-9134  
Address: 423 Great North Rd, Grey Lynn  
Email: admin@sfauckland.org.nz

**Taylor Centre Community Mental Health Centre** (Auckland DHB)

Phone: (09) 376-1054  
Address: 308 Ponsonby Rd, Ponsonby

**P Vaka Tautua**

Phone: (09) 589-1922  
Address: Wella Building, Level 3,  
15 Sultan St, Ellerslie  
Email: info@vakatautua.co.nz

## AUCKLAND SOUTH

**Awhinatia Health** (Counties Manukau DHB)

Phone: (09) 295-1200  
Address: 5-19 Great South Rd, Papakura

**P Faleola Services - Pacific Mental Health Services** (Counties Manukau DHB)

Phone: (09) 270-9994  
Address: The Cottage, 24 Station Rd, Otāhuhu  
Email: natalie.leger@middlemore.co.nz

**Franklin Bipolar & Depression Support Group**

Phone: (09) 235-6312 or (09) 235-3457  
Address: Wesley St, Pukekohe  
Email: franklinbpdsg@actrix.co.nz

**M Mahitahi Trust**

Phone: (09) 258-5900  
Address: 10-14 Park Ave, Otāhuhu  
Email: enquiries@mahitahi.co.nz

**Manukau Community Mental Health Centre**  
(Counties Manukau DHB)

Phone: (09) 261-3700  
Address: Building 6, 17 Lambie Drive, Manukau

**Pathways Auckland Branch**

Phone: (09) 261-3401  
Address: Harakeke House, 15 Ronwood Ave,  
Manukau  
Email: contactus@pathways.co.nz

**P Penina Health Trust**

Phone: (09) 269-7989  
Address: 186 Russel Rd, Manurewa  
Email: penina@healthtrust.co.nz  
Web: www.peninahealth.org.nz

**M Raukura Hauora o Tainui**

Phone: (09) 263-8040  
Address: 47 Druces Rd, Manukau  
Email: enquiries@raukura.com  
Web: www.raukura.org.nz

**M Te Puna Waiora - Māori Mental Health Service** (Counties Manukau DHB)

Phone: (09) 259-5099  
Address: Aroha ki te Tangata, 70 Kerrs Rd, Wiri

**Te Rāwhiti Community Mental Health Centre** (Counties Manukau DHB)

Phone: (09) 538-0700  
Address: 15 Aberfeldy Ave, Highland Park  
Email: whirinaki@middlemore.co.nz

Address: Matariki Building, 492 Great South Rd,  
Otahuhu

Address: Aroha ki te Tangata, 70 Kerrs Rd, Wiri

Address: 20 Otara Rd, Otara

Email: [whirinaki@middlemore.co.nz](mailto:whirinaki@middlemore.co.nz)

## NOTES

# Maternity Support Services and Midwives

## AUCKLAND WIDE

### Pregnancy Counselling Services

Phone: 0800 773 462 or (09) 307-6745  
Web: [www.pcs.org.nz](http://www.pcs.org.nz)

### La Leche League New Zealand – Auckland Region

Phone: (09) 846-0752  
Email: [help@lalecheleague.org.nz](mailto:help@lalecheleague.org.nz)  
Web: [www.lalecheleague.org.nz](http://www.lalecheleague.org.nz)

### U Choose - Pregnancy Options & Help

Phone: 0800 82 46 673 or (09) 292-4357  
Address: 15 Paparimu Rd, Paparimu, Papakura  
Email: [jgrant@maxnet.co.nz](mailto:jgrant@maxnet.co.nz)  
Web: [www.0800uchoose.com](http://www.0800uchoose.com)

## AUCKLAND NORTH

### North Shore Hospital Antenatal Clinic (Waitemata DHB)

Phone: 0800 80 93 42 or  
(09) 486-8920 Ext. 2857  
Address: North Shore Hospital, 124  
Shakespeare Rd, Takapuna

### M Te Puna Hauora o Te Raki Paewhenua

Phone: (09) 489-8349  
Address: 58a Akoranga Drive, Northcote  
Email: [northcotereception@tepuna.org.nz](mailto:northcotereception@tepuna.org.nz)

## AUCKLAND WEST

### M Midwives out West – Helen Bryant

Mobile: 021 998 785  
Free Phone: 0800 63 33 64

Helen works as part of a team of three midwives who co-share their clientele.

### M Paula Ngarongo – Independent Midwife

Phone: 021 034 2910

### M Te Whānau o Waipareira Trust

Phone: (09) 836-6683  
Address: Level 2, Whānau House,  
6-8 Pioneer St, Henderson  
Email: [administration@waiwhanau.com](mailto:administration@waiwhanau.com)  
Web: [www.waipareira.com](http://www.waipareira.com)

### Waitakere Hospital Maternity & Antenatal Clinic (Waitemata DHB)

Phone: 0800 80 93 42 or (09) 839-0000  
or (09) 837-6609  
Address: Waitakere Hospital,  
55 -75 Lincoln Rd, Henderson

## AUCKLAND CENTRAL

### Auckland Hospital Labour & Birthing Suite, National Women's Health (Auckland DHB)

Phone: (09) 307-2888 or 307-4949 Ext. 24913  
Address: Level 9, Auckland City Hospital,  
Park Rd, Grafton

### Birthcare Auckland

Phone: (09) 374-0800  
Address: 20 Titoki St, Parnell  
Email: [lindy@birthcare.co.nz](mailto:lindy@birthcare.co.nz)

### M Mahia Winder (Auckland DHB)

Phone: 021 413 946

### Midwives Collective

Phone: (09) 845-5558  
Address: 1 Taylors Rd, Sandringham  
Email: [luise@mamal.co.nz](mailto:luise@mamal.co.nz)

### M Ngāti Whātua o Ōrākei Health Services

Phone: (09) 578-0941 Ext. 1  
Address: 230 Kupe St, Ōrākei  
Web: [www.orakeihealth.org.nz](http://www.orakeihealth.org.nz)

### Pregnancy Centre

Phone: (09) 361-4162  
Address: 13 Maidstone St, Ponsonby  
Email: [supportcentre@youthline.co.nz](mailto:supportcentre@youthline.co.nz)  
Web: [www.youthline.co.nz](http://www.youthline.co.nz)

Phone: (09) 373-2599  
Address: Level 3, 33 Wyndham St,  
Auckland CBD  
Email: [auckland@pregnancyhelp.org.nz](mailto:auckland@pregnancyhelp.org.nz)  
Web: [www.pregnancyhelp.org.nz](http://www.pregnancyhelp.org.nz)

**M** Beatrice Leatham – Independent Midwife

## Botany Downs Primary Birthing Unit

Phone: (09) 534-6063

Address: 292 Botany Rd, Botany Downs

Email: [pregcentre@xtra.co.nz](mailto:pregcentre@xtra.co.nz)

Web: [www.pregnantandworried.org.nz](http://www.pregnantandworried.org.nz)

### Maternity Services (Counties Manukau DHB)

Phone: (09) 276-0187

**Middlemore Hospital Labour & Birthing Unit** (*Counties Manukau DHB*)

Phone: (09) 276-0266

Address: Level 2, Galbraith Building,  
Middlemore Hospital, Hospital Rd,  
Otāhuhu

## Papakura Primary Birthing Unit

(Counties Manukau DHB)

Phone: (09) 299-9102

Address: 2 Clevedon Rd, Papakura

**M** Turuki Healthcare - Maternity & Midwives Unit

Phone: (09) 275-5788

Address: 2/32 Canning Crescent, Mangere

**M Vicki Wickliffe – Independent Midwife**

Mobile: 021 039 5547

## NOTES

# Disabilities and Special Needs

## AUCKLAND WIDE

### Auckland Paraplegic & Physically Disabled Association

Phone: (09) 270-2503  
Address: Otara Spinal Unit, 30 Bairds Rd, Otara

### Autism New Zealand – Auckland Branch

Phone: 0800 28 84 76 or (09) 846-0913  
Address: 65 Morningside Drive, St Lukes  
Email: auckland@autismnz.org.nz  
Web: www.autismnz.org.nz

### Royal New Zealand Foundation of the Blind

Phone: 0800 24 33 33 or (09) 355-6900  
Address: 4 Maunsell Rd, Parnell  
Email: general@rnzfb.org.nz

### Deaf Aotearoa New Zealand

Phone: (09) 820-5038  
Address: 1836 – 1848 Great North Rd,  
Avondale  
Email: auckland@deaf.org.nz

### IHC (*Intellectual Disabilities*)

Phone: 0800 44 24 42

## AUCKLAND NORTH

### IDEA Services North Shore

(*Intellectual Disabilities*)  
Phone: (09) 529-8739  
Address: 1st Floor, 48 Enterprise St, Birkenhead  
Email: northshore@idea.org.nz  
Web: www.idea.org.nz

### Creative Abilities (*Intellectual Disabilities*)

Phone: (09) 444-0608  
Address: 14 Silverfield Estate, Wairau Valley  
Email: reception@creativeabilities.co.nz  
Web: www.creativeabilities.co.nz

### LIFE Unlimited Hearing Therapy Services

Phone: 0800 00 80 11 or (09) 415-8129  
Address: 3 William Laurie Pl, Albany  
(Lion Foundation House)  
Email: maxinel@life.nzl.org  
Web: www.life.nzl.org.nz

### Stewart Rehabilitation Services

(*Brain Injuries*)  
Phone: 0800 73 42 28 or (09) 520-4791  
Email: admin@stewart-rehab.org.nz

### Teenadders Plus

(*Attention Deficit Hyperactivity Disorder*)  
Phone: (09) 424-2880 or 027 273 0022  
Address: 592b Whangaparaoa Rd,  
Stanmore Bay  
Email: info@teenadders.org.nz  
Web: www.teenadders.org.nz

## AUCKLAND WEST

### IDEA Services West/Central

(*Intellectual Disabilities*)  
Phone: (09) 529-8758  
Address: 3047 Great North Rd, New Lynn  
Email: west.central@idea.org.nz  
Web: www.idea.org.nz

### Kōtuku Trust (*Intellectual Disabilities*)

Phone: (09) 836-1740 or 021 606 675  
Address: 104 Lincoln Rd, Henderson  
Email: stuart@supportedlife.co.nz

### Ignite Waitakere (*Intellectual Disabilities*)

Phone: (09) 837-0728  
Address: 184 Lincoln Rd, Henderson

### Justice Action Group (*Advocacy for people with disabilities within the justice system*)

Phone: (09) 818-9413 or 027 228 9121  
Address: 18 Withers Rd, Glen Eden  
Email: justiceaction@slingshot.co.nz  
Web: www.justiceactiongroup.org.nz

### Mt Tabor Trust (*Housing assistance for people with disabilities*)

Phone: (09) 420-9701 or (09) 420-9703  
Address: 51 Commercial Rd, Helensville  
Email: mt.tabor@cxtra.co.nz

### Sport Waitakere (*Encourages people with disabilities to participate in sports and leisure activities*)

Phone: (09) 966-3120  
Address: 65-67 Central Park Drive, Henderson  
Email: admin@sportwaitakere.co.nz  
Web: www.sportwaitakere.co.nz

## AUCKLAND CENTRAL

### Auckland Deaf Society

Phone: (09) 630-6980  
Address: 164 Balmoral Rd, Balmoral  
Email: office@auckland-deaf.org.nz  
Web: www.auckland-deaf.org.nz

### Auckland Parents of Deaf Children

Phone: (09) 307-2922  
Email: enquiries@apodc.org.nz

### Citizen Advocacy Auckland *(Intellectual Disabilities)*

Phone: (09) 358-4141  
Address: 44 Khyber Pass Rd, Grafton  
(OutSource IT)  
Email: ca.auckland@ihug.co.nz  
Web: www.caauckland.org.nz

### Disability Resource Centre

Free Phone: 0800 62 51 00  
Address: 14 Erson Ave, Royal Oak  
Email: reception@disabilityresource.org.nz

### Koru Care Charitable Trust *(Children with disabilities)*

Phone: (09) 523-2456 or (09) 523-0054  
Address: Level 1, 105 Great South Rd,  
Greenlane  
Email: korucare@xtra.co.nz  
Web: www.korucare.co.nz

### **M** Ngāti Whātua o Ōrākei Health Services

Phone: (09) 578-0941  
Address: 272 Apirana Ave, Glen Innes  
Web: www.orakeihealth.org.nz

### **P** Pacific Information Advocacy & Support Services Trust

Phone: (09) 589-1922  
Address: Level 3, 15 Sultan St, Ellerslie  
Email: enquiries@vakatautua.co.nz  
Web: www.piass.org.nz  
www.vakatautua.co.nz

### Papakura Home Health Care

Phone: (09) 295-1250  
Address: 5-19 Great South Rd, Otahuhu

### TelePhone: Information Service *(Deaf service)*

Free Phone: 0800 24 33 33  
Email: library@rnzfb.org.nz

## AUCKLAND SOUTH

### Mangere Home Health Care

Phone: (09) 270-4730  
Address: Building 38, Orakau Rd,  
Mangere East, Manukau

### **P** Pacific Island Homecare Services Trust

Phone: (09) 274-9153  
Address: 271b East Tamaki Rd, Otara  
Email: info@pacifichomecare.org.nz

### Personal Advocacy Trust *(Intellectual Disabilities)*

Phone: (09) 267-0953  
Address: 61 Hill Rd, Manurewa  
Email: ajtaylor2@xtra.co.nz

### Quality of Life Trust *(Provides support for people who are deaf or blind)*

Phone: (09) 634-6105  
Address: 23 Muir Ave, Mangere  
Email: qlifetrust@gmail.com

### **M** Te Roopu Taurima o Manukau Trust *(Intellectual Disabilities)*

Phone: (09) 276-6282  
Address: 519 Great South Rd, Otāhuhu  
Post: P.O. Box 22-346, Auckland  
Web: www.terooputaurima.org.nz

### **M** Te Roopu Waiora Trust

*(Advocacy to people with disabilities)*  
Phone: (09) 277-4513 or 021 348 512  
Address: Ground Floor, Nikau House,  
19 Charles St, Papatoetoe  
Email: enquiries@teroopuwaiora.org.nz

# TOKO I TE ORA SOCIAL SERVICES

## Budgeting Advice Services

### AUCKLAND NORTH

#### Anglican Community Church Birkdale/ Beach Haven

Phone: (09) 483-6989  
Address: 56a Tramway Rd, Beach Haven  
Email: acc@maxnet.co.nz

#### Aotea Budgeting Services

Phone: (09) 429-0465  
Address: Cnr Medland & Shoal Bay Rds,  
Tryphena, Great Barrier Island  
Email: office@aoteafamilysupport.co.nz

#### City Impact Church

Phone: 0800 24 87 42 or (09) 477-6300  
Address: 794 East Coast Rd, Browns Bay  
Email: info@cityimpactchurch.com

#### Hibiscus Coast Family Services

Phone: (09) 424-4584  
Address: 575 Whangaparaoa Rd, Stanmore Bay  
Email: hbcfamilyservices@xtra.co.nz

#### North Harbour Budgeting Services

Phone: (09) 489-2023  
Address: Level 1, Mary Thomas Centre,  
3 Gibbons Rd, Takapuna  
Email: nhbs@ihug.co.nz

#### North Shore Budget Services

Phone: (09) 486-6206  
Address: St Johns Building, Suite 1, 2 Shea Tce,  
Takapuna  
Email: nsbudget@xtra.co.nz

#### **M** Te Korowai Aroha Pumau

Phone: (09) 423-9481  
Address: 241 Rodney St, Wellsford  
Email: tkawhatua@xtra.co.nz

#### **M** Te Puna Hauora o Te Raki Paewhenua

Phone: (09) 489-8349  
Address: 58a Akoranga Drive, Northcote  
Email: northcotereception@tepuna.org.nz

#### Warkworth/Wellsford Budgeting Services

Phone: (09) 423-7123  
Address: 241 Rodney St, Wellsford  
Email: w.b.s@clear.net.nz

### AUCKLAND WEST

#### Helensville/Waimauku Family Budgeting Services

Phone: (09) 420-7740  
Address: 23 Commercial Rd, Helensville  
Email: hlv.budget@xtra.co.nz  
Web: www.familybudgeting.org.nz



**Henderson Budgeting Services**

Phone: (09) 836-4141  
 Address: 1/2 Hulme Pl, Henderson  
 Email: info@budgeting.org.nz

**Vision West Budgeting Services**

Phone: (09) 818-0714 or 021 135 6065  
 Address: 97 Glendale Rd, Glen Eden  
 Email: budgeting@visionwest.org.nz

**Presbyterian Support - Budgeting & Money Management Services**

Phone: (09) 838-1426  
 Address: 3 Montel Ave, Henderson  
 Email: budgeting@psn.org.nz

**NZ Ethnic Budgeting Services Trust**

Phone: (09) 834-3668  
 Address: 56a Covil Ave, Te Atatu South  
 Email: nzebs1@gmail.com

**West Auckland Budgeting Service Trust**

Phone: (09) 827-5773  
 Address: 3 Memorial Drive, New Lynn  
 Email: west.budget@gmail.com

**Ranui Baptist Church**

Phone: (09) 833-7815  
 Address: 464 Swanson Rd, Ranui  
 Email: ranuibaptist@xtra.co.nz

**M Te Whānau o Waipareira Trust**

Phone: 0800 92 49 42 or (09) 836-6683  
 Address: Level 2, Whānau House,  
 6-8 Pioneer St, Henderson  
 Email: administration@waiwhanau.com  
 Web: www.waipareira.com

**Waitakere Community Outreach**

Phone: (09) 818-4471

**AUCKLAND CENTRAL****East Auckland Home & Budget Services**

Phone: (09) 570-9023  
 Address: 18 Clifton Court, Panmure  
 Email: admin@homebudget.org.nz

**Glen Innes Family Centre**

Phone: (09) 570-6250  
 Address: 122 Elstree Ave, Glen Innes

**Hillside Community Trust**

Phone: (09) 521-3066 or 021 646 120  
 Address: 75 Felton Mathew Ave, Glen Innes  
 Email: sue.peters@capnz.org.nz

**Otāhuhu Home Budgeting Services**

Phone: (09) 270-3546  
 Address: 12 High St, Otāhuhu  
 Email: manager.saips@xtra.co.nz

**Student Financial Services**

Phone: (09) 921-9333  
 Address: 55 Wellesley St East, Auckland CBD  
 Email: adeline.brightly@aut.ac.nz

**Te Manawanui Charitable Trust**

Phone: (09) 624-3906 or 021 280 4000  
 Email: te.manawanui@xtra.co.nz

**Waiheke Budgeting Services**

Phone: (09) 372-6300  
 Address: 142 Ocean View Rd, Waiheke Island  
 Email: waibud1@ynet.co.nz

**AUCKLAND SOUTH****Christian Care Budgeting Services**

Phone: (09) 298-8536  
 Address: 25 Broadway, Papakura  
 Email: ccbs@value.net.nz

**Franklin Family Support Centre**

Phone: (09) 238-6233  
 Address: 2 King St, Pukekohe  
 Email: admin@familysupport.org.nz

**Mangere Budgeting Services Trust**

Phone: 0508 22 22 83 or (09) 275-2266  
 Address: 59a Māhunga Drive, Mangere  
 Email: appointments@  
 mangerebudgeting.org.nz

**Otara Budgeting Service**

Phone: (09) 271-6051  
 Address: 46 Bairds Rd, Otara  
 (Shops 1 & 2, Fairmall)  
 Email: otarabudgeting@yahoo.co.nz

**Pakuranga & Howick Budgeting Services**

Phone: (09) 576-5222  
 Address: Aylesbury St, Pakuranga  
 (Library Building)  
 Email: hpbs@xtra.co.nz

**Pasefika Mana Social Support Services**

Phone: (09) 279-4925  
 Address: 91 Cambridge Terrace, Papatoetoe  
 Email: pasefika.mana@xtra.co.nz

**St Lukes Church Budgeting Services  
(Formerly Te Whānau Tūhonotia Trust)**

Phone: (09) 266-3233  
 Address: 3 Russell Rd, Manurewa  
 Email: st\_lukes@xtra.co.nz

**Training & Budget Services**

Phone: (09) 279-9500  
 Address: 129 Great South Rd, Papatoetoe



Māori Specific



Pacific Island Specific

# Food and Clothing Banks

## AUCKLAND NORTH

### Age Concern Rodney

Phone: (09) 426-0916  
Address: Unit JA2, Westpac Plaza, Tamaki Ave,  
Orewa  
Email: age\_concern\_rodney@xtra.co.nz

### Anglican Community Church Birkdale/ Beach Haven

Phone: (09) 483-6989  
Address: 56a Tramway Rd, Beach Haven  
Email: acc@maxnet.co.nz

### Salvation Army North Shore City

Phone: (09) 441-2554  
Address: 407 Glenfield Rd, Glenfield  
(Bullring Building)  
Email: northshorecity\_cfs@  
nzf.salvationarmy.org.nz  
Web: www.salvationarmy.org.nz

## AUCKLAND WEST

### Salvation Army Waitakere

Phone: (09) 837-4471  
Address: 7-9 View Rd, Henderson  
Email: Waitakerecentral\_corps@  
nzf.salvationarmy.org.nz  
Web: www.salvationarmy.org.nz

### Salvation Army New Lynn

Phone: (09) 827-3128  
Address: 31 Delta Ave, New Lynn  
Email: newlynn\_corps@  
nzf.salvationarmy.org.nz  
Web: www.salvationarmy.org.nz

### Waitakere Community Outreach

Phone: (09) 818-4471

## AUCKLAND CENTRAL

### Auckland City Mission

Phone: (09) 303-9200  
Address: 140 Hobson St, Auckland CBD  
Email: info@aucklandcitymission.org.nz  
Web: www.aucklandcitymission.org.nz

### Christian Love Link – Auckland City West & Combine Churches Food Bank

Phone: (09) 620-5604  
Address: 179 Hillsborough Rd, Hillsborough  
Email: leonje@xtra.co.nz

### Salvation Army Auckland City

Phone: (09) 639-1181  
Address: 691a Mt Albert Rd, Royal Oak  
Email: aucklandcity\_cm@  
nzf.salvationarmy.org.nz  
Web: www.salvationarmy.org.nz

### St Vincent de Paul

Phone: (09) 815-6122  
Address: 478 New North Rd, Kingsland

### **M** Te Rūnanga a Iwi o te Oranga Ake

Phone: 0800 57 02 679 or (09) 570-2679  
Email: admin@toa.org.nz

## AUCKLAND SOUTH

### Mangere Budgeting Services

Phone: 0508 22 22 83 or (09) 275-2266  
Address: 59b Māhunga Drive, Mangere  
Email: appointments@  
mangerebudgeting.org.nz  
Web: www.mangerebudgeting.org.nz

### Meals on Wheels - Pukekohe

Phone: (09) 238-2026  
Address: 10 Oakwood Rd, Pukekohe  
Email: billandmaureen@xtra.co.nz

### South Auckland Christian Food Bank

Mobile: 027 477 1092  
Address: 75 Omana Rd, Papatoetoe  
Email: ian@sacfb.org.nz  
Web: www.sacfb.org.nz

### Salvation Army - Papakura

Phone: (09) 298 9485  
Address: 69 O'Shannessey St, Papakura  
Web: www.salvationarmy.org.nz

### Salvation Army - Takanini

Phone: (09) 298 3801  
Address: 262 – 264 Great South Rd, Takanini  
Web: www.salvationarmy.org.nz

Web: [www.stgap.org.nz](http://www.stgap.org.nz)

Email: [st\\_lukes@xtra.co.nz](mailto:st_lukes@xtra.co.nz)

Email: [wfsn@extra.co.nz](mailto:wfsn@extra.co.nz)

[illegible]

**M** Māori Specific      **P** Pacific Island Specific

# Emergency Housing

The following services provide support to find housing in emergency situations (such as family violence or eviction). For general assistance to find housing, contact should be made with Housing New Zealand on 0800 80 16 01 (24-hour freephone, even from a mobile phone). Housing New Zealand's customer service centre provides on-the-spot responses for all enquiries 24 hours a day, seven days a week and pre-assessment for state housing applicants.

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## AUCKLAND NORTH

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### De Paul House

Phone: (09) 480-5959  
Address: 92 Onewa Rd, Northcote  
Email: [catherine@depaulhouse.org.nz](mailto:catherine@depaulhouse.org.nz)  
Web: [www.depaulhouse.org.nz](http://www.depaulhouse.org.nz)

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## AUCKLAND SOUTH

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### Monte Cecilia Emergency House Trust

Phone: (09) 275-6661  
Address: 30 Windrush Close, Mangere  
Email: [housing@montececilia.org.nz](mailto:housing@montececilia.org.nz)

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## AUCKLAND WEST

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### Tuvaluan Society

Phone: (09) 836-3635 or 021 045 1347  
Address: 365 Great North Rd, Henderson

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## AUCKLAND CENTRAL

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### James Liston Hostel

Phone: (09) 376-3885  
Address: 135 Howe St, Freemans Bay  
Email: [manager@jameslistonhostel.co.nz](mailto:manager@jameslistonhostel.co.nz)

### Salvation Army Epsom Lodge

Phone: (09) 524-0252  
Address: 18 Margot St, Epsom  
Web: [www.salvationarmy.org.nz](http://www.salvationarmy.org.nz)

### Te Manawanui Charitable Trust

Phone: (09) 624-3906 or 021 280 4000  
Email: [te.manawanui@extra.co.nz](mailto:te.manawanui@extra.co.nz)

### United Māori Mission

Phone: (09) 638-8214  
Address: 13 Marama Ave, Epsom  
Email: [maori.mission@umm.org.nz](mailto:maori.mission@umm.org.nz)

# Employment Support

Listed below are a few organisations throughout the Auckland region that may be able to assist those who are seeking employment.

## AUCKLAND WIDE

### Work & Income New Zealand – Community Link Offices

Phone: 0800 55 90 09

Web: [www.workandincome.govt.nz](http://www.workandincome.govt.nz)

Work and Income New Zealand have Work Brokers at each of their Service Centres that will help you to find potential work opportunities

## AUCKLAND NORTH

### EDGE Employment

Phone: (09) 414-6044

Address: Level 1, 215 Wairua Rd, Glenfield

Edge Employment assists those with mental illness to seek and maintain employment

## AUCKLAND WEST

### Careers Service Rapuara Waitakere

Phone: 0800 22 27 73

Address: Level 5, Unitec Building 500, Ratanui St, Henderson

Email: [careers@careers.govt.nz](mailto:careers@careers.govt.nz)

Web: [www.careers.govt.nz](http://www.careers.govt.nz)

Provides careers information and guidance when choosing a career

### Ignite Waitakere

Phone: (09) 837-0723

Address: 184 Lincoln Rd, Henderson

Email: [ignite.waitakere@idea.org.nz](mailto:ignite.waitakere@idea.org.nz)

Web: [www.ihc.org.nz](http://www.ihc.org.nz)

Provides a range of community-based services to assist people with physical and/or intellectual disabilities

### Work & Income New Zealand – Waipareira Service

Phone: 0800 559 009

Address: Cnr Edmonton & Great North Rds, Henderson

Web: [www.workandincome.govt.nz](http://www.workandincome.govt.nz)

Waipareira Service Centre of WINZ has access to potential job opportunities through their Work Brokers and their Social Services

## AUCKLAND CENTRAL

### Dress for Success Auckland

Phone: (09) 377-2762

Address: 4 Boston Rd, Auckland

Email: [auckland@dressforsuccess.org.nz](mailto:auckland@dressforsuccess.org.nz)

Web: [www.dressforsuccess.org.nz/auckland](http://www.dressforsuccess.org.nz/auckland)

Provides a range of programmes that help low income women build up the confidence for job interviews. Also provide suitable interview clothing

### Elevator

Phone: 0508 35 38 28

Address: Level 1, 1 Marewa Rd, Greenlane

Email: [enquiries@elevator.org.nz](mailto:enquiries@elevator.org.nz)

Web: [www.elevator.org.nz](http://www.elevator.org.nz)

Employment agency for job seekers with disabilities

## AUCKLAND SOUTH

### Auckland Protected Employment Trust

Phone: (09) 279-2615

Address: 11-15 Laureston Ave, Papatoetoe

**Assists those with disabilities or who are disadvantaged to get and maintain a job**  
**SENZ Charitable Trust**

Phone: 0800 73 69 48 or (09) 261-0070

Address: Level 1, 601 Great South Rd, Manukau

Email: [info@senz.org.nz](mailto:info@senz.org.nz)

Web: [www.senz.org.nz](http://www.senz.org.nz)

Assists those registered with WINZ to job search. Delivers fulltime course to those aged 16 – 24

### Strive Community Trust

Phone: (09) 636-9792

Email: [ceo@strive.org.nz](mailto:ceo@strive.org.nz)

Assists adults and school-leavers with job search

# Family Violence Services

If you and/or your whānau are in immediate danger from family violence, you should call 111.

## AUCKLAND WIDE

### Child, Youth and Family

Free Phone: 0508 FAMILY (0508 32 64 59)

Web: [www.cyf.govt.nz](http://www.cyf.govt.nz)

If you suspect child abuse or neglect, or are worried about a child or young person, you can call the freePhone: number anytime.

### Victims of Crime Information Line

Free Phone: 0800 65 06 54

Web: [www.areyouok.org.nz](http://www.areyouok.org.nz)

### Victim Support

Free Phone: 0800 84 28 46

### Women's Refuge Auckland Region Crisis Line

Phone: (09) 378-1893

## AUCKLAND NORTH

### Abuse Prevention Services - Warkworth

Phone: (09) 425-8130

Email: [rsvs@clear.net.nz](mailto:rsvs@clear.net.nz)

Web: [www.nnsvs.org.nz](http://www.nnsvs.org.nz)

### Hestia Rodney Women's Refuge

Phone: 0800 32 13 61 or (09) 427-5154

Email: [hestiarwr@xtra.co.nz](mailto:hestiarwr@xtra.co.nz)

Web: [www.hestia.womensrefuge.co.nz](http://www.hestia.womensrefuge.co.nz)

### North Harbour Living Without Violence

Phone: 0508 74 46 33 or (09) 489-3770

Email: [nhlwv@xtra.co.nz](mailto:nhlwv@xtra.co.nz)

### North Shore Women's Centre

Phone: (09) 444-4618

Email: [women.ctr@xtra.co.nz](mailto:women.ctr@xtra.co.nz)

### **M** Te Korowai Aroha Pumau

Phone: (09) 423-9481

Address: 241 Rodney St, Wellsford

Email: [tkawhatua@xtra.co.nz](mailto:tkawhatua@xtra.co.nz)

Web: [www.nnsvs.org.nz](http://www.nnsvs.org.nz)

### **M** Te Puna Hauora o Te Raki Paewhenua

Phone: (09) 489-8349

Address: 58a Akoranga Drive, Northcote

Email: [northcotereception@tepuna.org.nz](mailto:northcotereception@tepuna.org.nz)

## AUCKLAND WEST

### Alternative to Violence Project - Ranui

Phone: (09) 838-3392 or 021 261 4388

Email: [avpauck@gmail.com](mailto:avpauck@gmail.com)

### **P** Auckland Tuvaluan Society

Phone: (09) 836-3635

Address: 365 Great North Rd, Henderson

Email: [akltu8society@paradise.net.nz](mailto:akltu8society@paradise.net.nz)

### Helensville Women's & Family Centre

Phone: 0508 74 46 33 or (09) 420-7992

Address: Level 1, 51 Commercial Rd, Helensville

Email: [info@hwfc.co.nz](mailto:info@hwfc.co.nz)

Web: [www.hwfa.co.nz](http://www.hwfa.co.nz)

### Man Alive Men's Centre

Phone: (09) 835-0509 (Ext 833)

Address: 11 Edmonton Rd, Henderson

Email: [info@2manalive.org.nz](mailto:info@2manalive.org.nz)

### **P** Pacific Island Safety & Prevention Project

Phone: (09) 832-2555

Address: Cnr Don Buck & Triangle Rds, Massey

Email: [tups@theproject.org.nz](mailto:tups@theproject.org.nz)

### **M** Tū Wahine Trust

Phone: (09) 838-8700

Address: 247 Edmonton Rd, Te Atatu South

### Waitakere Abuse & Trauma Counselling

Phone: (09) 837-2491

Address: 247 Edmonton Rd, Te Atatu South

Email: [reception@abusehelp.org.nz](mailto:reception@abusehelp.org.nz)

### Western Refuge Society

Phone: (09) 837-1987 or 027 492 9940

Address: 10 Pioneer St, Henderson

Email: [potow@xtra.co.nz](mailto:potow@xtra.co.nz)

### Women's Centre Waitakere

Phone: (09) 838-6381 or (09) 836-7610

Address: Cnr McLeod & Te Atatu Rds,

Te Atatu South

Email: [info@womenscentre.org.nz](mailto:info@womenscentre.org.nz)

## AUCKLAND CENTRAL

### Glen Innes Family Centre

Phone: (09) 570-6250 or 021 570 410  
Address: 122 Elstree Ave, Glen Innes  
Email: admin@gifc.co.nz

### Grey Lynn Community Trust

Phone: (09) 360-0229 or 021 239 5019  
Address: 449 Richmond Rd, Grey Lynn  
Email: family\_support\_services@xtra.co.nz

### Living Without Violence Waiheke Network

Phone: 0800 37 66 33 or (09) 372-9220

### Mother of Divine Mercy - Rosebank

Phone: (09) 820-0453

### **P** O Le Lafitaga Samoan Trust

Phone: (09) 620-6529  
Address: 40b Roma Rd, Mt Roskill  
Email: brenda@lafitaga.org.nz

### **P** Pacific Island Women's Refuge

Phone: (09) 634-4662 or 021 239 5019  
Email: p.i.w.r@xtra.co.nz

### **P** Pasifika Health & Social Services

Phone: (09) 828-4307 or (09) 828-4317  
Address: 8 Hendon Ave, Mt Albert  
Email: info@phss.org.nz

### **M** Piritahi Hauora

Phone: (09) 372-0022  
Address: 53 Tahatai Rd, Blackpool,  
Waiheke Island  
Email: piritahihauora@xtra.co.nz

### **M** Te Whare Ruru hau o Meri

Phone: 0800 99 55 55 or (09) 270-2631  
Address: Unit 7, 586 Great South Rd, Otāhuhu

## AUCKLAND SOUTH

### Camelia House - Manukau

Phone: (09) 269-7100 or 027 255 7454

### Friendship House

Phone: (09) 263-2322  
Address: 20 Putney Way, Manukau  
Email: administration@friendshiphouse.org.nz  
Web: www.nnsvs.org.nz

### **M** Kōkiri te Rahuitanga

Phone: (09) 274-6685  
Address: 55/59 Alexander Crescent, Otara  
Email: zena@kokiri.co.nz  
Web: www.kokiri.co.nz

### Pakuranga Counselling Centre

Phone: (09) 576-4248  
Address: 207 Ti Rākau Drive, Pakuranga  
Email: contact@pakurangacounselling.org.nz  
Web: www.pakurangacounselling.org.nz

### Papakura Support & Counselling Centre

Phone: (09) 299-9466 or (09) 299-9455  
Address: 4 Opaheke Rd, Papakura  
Email: psc@xtra.co.nz  
Web: www.psccentre.org.nz

### SAFVPN – South Auckland Family Violence Prevention Network

Phone: (09) 278-9266 or 027 458 1981  
Address: 137 Kolmar Rd, Papatoetoe  
(Dental World Building)  
Email: info@safvpn.org.nz  
Web: www.beviolencefree.org.nz

### **M** Te Roopu o te Whanau Rangimarie o Tāmaki Makaurau

Phone: (09) 275-1230  
Address: 2 Cameo Court Rd, Mangere

### **M** Te Tai Awa o te Ora

Phone: (09) 274-4220  
Address: 18 Otara Rd, Otara  
Email: admin@taiawa.co.nz

# Youth Support Services

## AUCKLAND WIDE

### Alcohol Drug Helpline

Phone: 0800 78 77 97

Email: [info@alcoholdrughelp.org.nz](mailto:info@alcoholdrughelp.org.nz)

### Child Youth & Family Services

Phone: 0508 32 64 59

Web: [www.cyf.govt.nz](http://www.cyf.govt.nz)

0508 FAMILY is the national call centre number that can be called to report any concerns regarding children and young people

### Foundation for Youth Development

Phone: 0800 43 57 75

Email: [office@fyd.org.nz](mailto:office@fyd.org.nz)

Web: [www.fyd.org.nz](http://www.fyd.org.nz)

Go to Web: or call the FreePhone: number to find programmes delivered in your region. Programmes are also delivered in some schools.

### Kidsline (Phone: counselling service for children up to 14yrs)

Phone: 0800 54 37 54

Web: [www.kidsline.org.nz](http://www.kidsline.org.nz)

### What's Up (Phone: counselling for children aged 5 – 18yrs)

Phone: 0800 94 28 787

Web: [www.whatsup.co.nz](http://www.whatsup.co.nz)

### Youthline

Phone: 0800 37 66 33

Web: [www.youthline.co.nz](http://www.youthline.co.nz)

## AUCKLAND NORTH

### Girls Brigade NZ

Phone: (09) 442-5055

Email: [info@girlsbrigade.org.nz](mailto:info@girlsbrigade.org.nz)

Web: [www.girlsbrigade.org.nz](http://www.girlsbrigade.org.nz)

Self-confidence programmes for girls aged 5 – 17 years.

### North Shore Education Trust

Phone: (09) 488-0147 or 021 420 958

Address: 7 The Strand, Takapuna

Web: [www.projectk.org.nz](http://www.projectk.org.nz)

Fourteen-month mentoring programme for 14 and 15 year old young people.

### North Shore Women's Centre

Phone: (09) 444-4618

Provide counselling services to girls from 12 years of age.

### Youthline North Shore

Phone: 0800 37 66 33

Web: [www.youthline.co.nz](http://www.youthline.co.nz)

Also provide face-to-face counselling for youth.

## AUCKLAND WEST

### Family Works

Phone: (09) 835-1288

Address: 3 Montel Ave, Henderson

Email: [waitakere@northern.familyworks.org.nz](mailto:waitakere@northern.familyworks.org.nz)

Web: [www.familyworks.org.nz](http://www.familyworks.org.nz)

Provide social services for children 0 – 17yrs.

### Man Alive Men's Centre

Phone: (09) 835-0509 Ext. 833

Address: 11 Edmonton Rd, Henderson

Email: [info@manalive.org.nz](mailto:info@manalive.org.nz)

Web: [www.manalive.org.nz](http://www.manalive.org.nz)

Mentoring and counselling for adolescent boys.

### **P** Pacific Island Safety & Prevention Project

Phone: (09) 832-2555

Address: 399 Don Buck Rd, Massey

Email: [tups@theproject.org.nz](mailto:tups@theproject.org.nz)

Counselling for youth.

### **M** Te Whānau o Waipareira Trust

Phone: (09) 836-6683

Address: Level 2, Whānau House,  
6-8 Pioneer St, Henderson

Email: [administration@waiwhanau.com](mailto:administration@waiwhanau.com)

Web: [www.waipareira.com](http://www.waipareira.com)

Youth court support, youth counselling, youth team support, youth residential service, and wraparound services for youth offenders.

### Waitakere Youth Transition Services/Youth Horizons

Phone: (09) 835-1176 Ext. 404

Web: [www.youthhorizons.org.nz](http://www.youthhorizons.org.nz)

Service to bridge school leavers into further education or employment.



### **Youthline Waitakere**

Phone: 0800 37 66 33

Web: [www.youthline.co.nz](http://www.youthline.co.nz)

Also provide face-to-face counselling for youth.

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## **AUCKLAND CENTRAL**

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### **Altered High Youth Service, CADS Auckland**

Phone: (09) 845-1893

Address: Level 2, 409 New North Rd, Kingsland

Email: [alteredhigh@xtra.co.nz](mailto:alteredhigh@xtra.co.nz)

Web: [www.cads.org.nz](http://www.cads.org.nz)

Mobile service for ages 13 – 20 years with alcohol and/or drug addictions.

### **Attitude**

Phone: (09) 524-0025

Address: 300 Great South Rd, Greenlane

Web: [www.attitude.org.nz](http://www.attitude.org.nz)

Works in secondary schools to provide mentoring.

### **Rainbow Youth (Gay, Lesbian & Gender Support)**

Phone: 376-4155

Address: 281 Karangahape Rd, Auckland CBD

Web: [www.rainbowyouth.org.nz](http://www.rainbowyouth.org.nz)

Provide information, education, and advocacy regarding sexuality, gender and identity.

### **Te Puaruruhau (Auckland DHB)**

Phone: (09) 307-2860

Address: 99 Grafton Rd, Grafton

Support for sexual and physical assault for young people aged 0 – 19yrs.

### **M United Māori Mission**

Phone: (09) 638-8214

Address: 13 Marama Ave, Auckland

Email: [maori.mission@umm.org.nz](mailto:maori.mission@umm.org.nz)

Web: [www.umm.org.nz](http://www.umm.org.nz)

Provides youth accommodation.

### **Youth Mentoring Network Central/Waitakere**

Phone: (09) 836-4616

Email: [info@youthmentoring.org.nz](mailto:info@youthmentoring.org.nz)

Web: [www.youthmentoring.org.nz](http://www.youthmentoring.org.nz)

Provide mentoring to youth.

### **Youthtown Auckland Central**

Phone: (09) 379-5430

Address: 68a Nelson St, Auckland CBD

Email: [info@youthtown.org.nz](mailto:info@youthtown.org.nz)

Web: [www.youthtown.org.nz](http://www.youthtown.org.nz)

### **Youthtown Avondale**

Phone: (09) 379-5430

Address: 99 Rosebank Rd, Avondale

Email: [urbanunity@youthtown.org.nz](mailto:urbanunity@youthtown.org.nz)

Web: [www.youthtown.org.nz](http://www.youthtown.org.nz)

### **Youthtown Panmure**

Phone: (09) 527-2461

Address: 143 Tripoli Rd, Panmure

Email: [panmure@youthtown.org.nz](mailto:panmure@youthtown.org.nz)

Web: [www.youthtown.org.nz](http://www.youthtown.org.nz)

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## **AUCKLAND SOUTH**

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### **Auckland Cook Island Support Services Trust**

Phone: (09) 273-5389

Address: 40d Lovegrove Crescent, Otara

Email: [kiria.kiria@acisist.co.nz](mailto:kiria.kiria@acisist.co.nz)

Individual and group counselling for youth.

### **Gateway Community Trust**

Phone: (09) 298-1807

Address: 26a Wood St, Papakura

Email: [reception@thegate.co.nz](mailto:reception@thegate.co.nz)

Web: [www.thegate.org.nz](http://www.thegate.org.nz)

Provide information and support to youth and work with the whole family to empower youth.

### **Papatoetoe Adolescent Christian Trust**

Phone: (09) 279-8340

Address: 311 Great South Rd, Papatoetoe

Web: [www.pact.org.nz](http://www.pact.org.nz)

Work with youth at risk – provide counselling, outdoor activities and parenting support.

### **Youthlink**

Phone: (09) 926-5340

Address: Level 1, 1 Ronwood Rd, Manukau

Email: [info@youthlink.org.nz](mailto:info@youthlink.org.nz)

Web: [www.youthlink.org.nz](http://www.youthlink.org.nz)

Work with youth with challenging behaviours – therapeutic intervention, liaison with education providers, youth justice advocacy, and residential care.

### **Youthtown South Auckland**

Phone: (09)297-7386

Address: 163 Dominion Rd, Papakura

(Red Hill Community Centre)

Email: [southauckland@youthtown.org.nz](mailto:southauckland@youthtown.org.nz)

Web: [www.youthtown.org.nz](http://www.youthtown.org.nz)

# Counselling

## AUCKLAND WIDE

### Life Line New Zealand

Phone: 0800 LIFELINE or 0800 543 354  
Web: [www.lifeline.co.nz](http://www.lifeline.co.nz)

### OUTLine NZ – Gay, Lesbian & Transgender Counselling

Phone: 0800 68 85 463 or (09) 360-3268

### Parent Help Line

Phone: 0800 568 856  
Email: [parenthelp@xtra.co.nz](mailto:parenthelp@xtra.co.nz)  
Web: [www.parenthelp.org.nz](http://www.parenthelp.org.nz)

### Youthline Auckland Counselling & Family Support Service

Phone: 0800 37 66 33 or (09) 361-4168 or (09) 376-6645  
Address: 13 Maidstone St, Ponsonby  
Email: [supportcentre@youthline.co.nz](mailto:supportcentre@youthline.co.nz)  
Web: [www.youthline.co.nz](http://www.youthline.co.nz)

## AUCKLAND NORTH

### Barnados

Phone: (09) 481-0045  
Address: 19 Kilham Ave, Northcote  
Email: [jane.caine@barnados.org.nz](mailto:jane.caine@barnados.org.nz)

Relationship counselling, family counselling, and supervised access.

### Grief Centre

Phone: (09) 418-1457 or 022 636 4211  
Address: 92 Hinemoa St, Birkenhead  
Email: [info@griefcentre.org.nz](mailto:info@griefcentre.org.nz)

Grief counselling.

### Hibiscus Coast Community House

Phone: (09) 426-3598  
Address: 214E Hibiscus Coast Highway, Orewa  
Email: [hbccommunityhouse@xtra.co.nz](mailto:hbccommunityhouse@xtra.co.nz)  
Web: [hbccommunityhouse.co.nz](http://hbccommunityhouse.co.nz)

Individual and family counselling.

### Home & Family Counselling

Phone: (09) 419-9853 or (09) 424-0035  
Address: 2a Seaview Rd, Northcote  
Email: [northshore@homeandfamily.org.nz](mailto:northshore@homeandfamily.org.nz)

Individual and family counselling for all ages.

### Homebuilders Family Services

Phone: (09) 425-7048  
Address: 5 Hexham St, Warkworth  
Email: [homebuilders.warkworth@paradise.net.nz](mailto:homebuilders.warkworth@paradise.net.nz)

Family counselling for families under stress, and relationship counselling.

### North Shore Women's Centre

Phone: (09) 444-4618  
Email: [women.ctr@xtra.co.nz](mailto:women.ctr@xtra.co.nz)

Individual counselling for women and girls over 12 years of age.

### Pregnancy Counselling Services

Phone: 0800 773 462 or (09) 307-6745

### Relationships Aotearoa

Phone: (09) 489-8349  
Address: 3a Gibbons Rd, Takapuna  
Email: [northshore@relationships.aotearoa.org.nz](mailto:northshore@relationships.aotearoa.org.nz)

Relationship counselling.

### M Te Korowai Aroha Pumau

Phone: (09) 423-9481  
Address: 241 Rodney St, Wellsford  
Email: [tkawhatua@xtra.co.nz](mailto:tkawhatua@xtra.co.nz)

Family and Group counselling.

### M Te Puna Hauora o te Raki Paewhenua

Phone: (09) 489-8349  
Address: 58a Akoranga Drive, Northcote  
Email: [northcotereception@tepuna.org.nz](mailto:northcotereception@tepuna.org.nz)

Parenting programmes, and therapy for individuals and whānau.

## AUCKLAND WEST

### Barnados

Phone: (09) 837-5061  
Address: 13 Edsel St, Henderson

Relationship counselling, family counselling, and supervised access.

### Helensville Women's & Family Centre

Phone: 0508 74 46 33 or (09) 420-7992  
Address: Level 1, 51 Commercial Rd, Helensville  
Email: [info@hwfc.co.nz](mailto:info@hwfc.co.nz)  
Web: [www.hwfa.co.nz](http://www.hwfa.co.nz)

Individual and family counselling.

### Man Alive Men's Centre

Phone: (09) 835-0509 Ext. 833  
Address: 11 Edmonton Rd, Henderson  
Email: info@2manalive.org.nz

Individual and group counselling for men and boys.

### Men & Family Centre

Phone: (09) 420-8263 or 027 282 6305  
Address: Gerald Stokes Ave, Helensville  
Email: menandfamilycentre@xtra.co.nz  
Web: www.helensville.co.nz/community/menandfamilycentre

Individual, couple and family counselling.

### **P** Pacific Island Safety & Prevention Project

Phone: (09) 832-2555  
Address: Cnr Don Buck & Triangle Rds, Massey  
Email: tups@theproject.org.nz

Counselling services for youth, individuals and families.

### Relationships Aotearoa

Phone: (09) 837-2723  
Address: 11 Albert Pryor Ave, Henderson  
Email: westauckland@relationships.org.nz

Relationship counselling.

### **M** Tū Wahine Trust

Phone: (09) 838-8700  
Address: 247 Edmonton Rd, Te Atatu South  
Individual and family counselling for trauma.

### Waitakere Abuse & Trauma Counselling

Phone: (09) 837-2491  
Address: 247 Edmonton Rd, Te Atatu South  
Email: reception@abusehelp.org.nz  
Child, adult and family counselling for trauma.

### Women's Centre Waitakere

Phone: (09) 838-6381 or (09) 836-7610  
Address: Cnr McLeod & Te Atatu Roads, Te Atatu South  
Email: info@womenscentre.org.nz  
Relationship counselling, anger management, and family violence for women.

## AUCKLAND CENTRAL

### Anglican Trust for Women & Children

Phone: (09) 276-3729  
Address: 10 Beatty St, Otāhuhu  
Email: info@awtc.org.nz

Child psychotherapy, family therapy, attachment therapy, and parenting programmes

### Auckland Counselling & Psychotherapy Ltd

Phone: (09) 638-7632 or 021 160 1335  
Address: 83-87 Church St, Onehunga  
Email: alfreed@mac.com  
Web: www.alfreed.co.nz

Individuals and couples counselling.

### Glen Innes Family Centre

Phone: (09) 570-6250 or 021 570 410  
Address: 122 Elstree Ave, Glen Innes  
Email: admin@gifc.co.nz

Individual and family counselling.

### Home & Family Counselling

Phone: 0800 37 66 33 or (09) 630-8961  
Address: 344 Mt Eden Rd, Mt Eden  
Email: info@homeandfamily.org.nz

Child, youth, adults and family counselling.

### HOPE Counselling

Phone: (09) 272-4581 or 027 446 8201  
Address: 68a Greenmount Dr, East Tamaki  
Email: suzanne@hopecounselling.co.nz

Child, youth, adults and family counselling.

### Inner City Women's Group

Phone: (09) 360-4933  
Email: icwg@xtra.co.nz

Family violence counselling for women.

### Living Without Violence Waiheke Network

Phone: 0800 37 66 33 or (09) 372-9220  
Address: 59 Ostend Rd, Waiheke Island  
Email: lwv.waiheke@xtra.co.nz

Child, youth, and adult counselling for family violence.

### **M** Piritahi Hauora

Phone: (09) 372-0022  
Address: 53 Tahatai Rd, Blackpool, Waiheke Island  
Email: piritahihauora@xtra.co.nz

Family counselling and therapy.

### Pregnancy Help

Phone: (09) 373-2599  
Address: 33 Wyndham St, Auckland  
Email: auckland@pregnancyhelp.org.nz

## Relationships Aotearoa

Phone: (09) 525-1051  
 Address: 1 Robert St, Ellerslie  
 Email: [ellerslie@relationships.org.nz](mailto:ellerslie@relationships.org.nz)  
 Web: [www.relationshipsaotearoa.org.nz](http://www.relationshipsaotearoa.org.nz)

Relationship counselling.

### **M** Te Rūnanga a Iwi o te Oranga Ake

Phone: 0800 57 02 679 or (09) 570-2679  
 Address: 17 Allright Pl, Mt Wellington  
 Email: [admin@tos.org.nz](mailto:admin@tos.org.nz)

Relationship counselling.

### **M** Te Unga Waka

Phone: (09) 520-0861 or 027 658 6753  
 Address: 1 Clyde St, Epsom  
 Email: [teunga@clear.net.nz](mailto:teunga@clear.net.nz)

Children, young people and families counselling.

### **M** Te Whare Ruruhau o Meri

Phone: 0800 99 55 55 or (09) 270-2631  
 Address: Unit 7, 586 Great South Rd, Auckland

Family violence therapy.

## AUCKLAND SOUTH

### Barnados

Phone: (09) 275-4481 or 027 445 5357  
 Address: 33 Cape Rd, Mangere  
 Web: [www.barnados.org.nz](http://www.barnados.org.nz)

Relationship counselling, family counselling, and supervised access.

### Camelia House

Phone: (09) 269-7100 or 027 25 57 454

Family violence therapy.

### Clendon Manurewa Whanau/Family Support Services

Phone: (09) 267-0152  
 Address: 10 Mahia Rd, Manurewa  
 Email: [cmwfss.admin@xtra.co.nz](mailto:cmwfss.admin@xtra.co.nz)

Counselling for individuals and families in crisis.

### Counselling Services Centre

Phone: (09) 277-9324 or 027 484 4195  
 Address: 22 Alexander Ave, Papatoetoe  
 Email: [emma.castle@csccounselling.org.nz](mailto:emma.castle@csccounselling.org.nz)  
 Web: [www.csccounselling.org.nz](http://www.csccounselling.org.nz)

Family violence, mental health, grief, and relationship counselling for individuals and families.

## Friendship House

Phone: (09) 263-2322  
 Address: 20 Putney Way, Manukau  
 Email: [administration@friendshiphouse.org.nz](mailto:administration@friendshiphouse.org.nz)

Family violence counselling.

### Papakura Support & Counselling Centre

Phone: (09) 299-9466 or (09) 299-9455  
 Address: 4 Opaheke Rd, Papakura  
 Email: [pscc@xtra.co.nz](mailto:pscc@xtra.co.nz)  
 Web: [www.psccentre.Web.s.com](http://www.psccentre.Web.s.com)

Counselling for children and adults.

### **P** Pasefika Mana Social Support Services

Phone: (09) 279-4925  
 Address: 91 Cambridge Tce, Papatoetoe  
 Email: [pasefika.mana@xtra.co.nz](mailto:pasefika.mana@xtra.co.nz)

Individual and youth group counselling.

### Relationships Aotearoa - Manukau

Phone: (09) 263-8098  
 Address: Cnr Great South Rd & Wiri Station Rd, Manukau  
 Email: [manukau@relationships.org.nz](mailto:manukau@relationships.org.nz)  
 Web: [www.relationshipsaotearoa.org.nz](http://www.relationshipsaotearoa.org.nz)

Relationship counselling.

### **M** Te Roopu o te Whānau Rangimarie o Tāmaki Makaurau

Phone: (09) 275-1230  
 Address: 2 Cameo Court Rd, Mangere

Counselling for perpetrators and victims of family violence.

### **M** Te Tai Awa o te Ora

Phone: (09) 274-4220  
 Address: 18 Otara Rd, Otara  
 Email: [admin@taiawa.co.nz](mailto:admin@taiawa.co.nz)

Individual and family counselling for sexual abuse and alcohol and drugs, and relationship support counselling.

# Gambling Addiction Services

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## AUCKLAND WIDE

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### **Gambling Helpline**

Free Phone: 0800 65 46 55

Email: [info@gamblinghelpline.co.nz](mailto:info@gamblinghelpline.co.nz)

### **Problem Gambling Foundation of New Zealand**

Phone: 0800 64 42 62 or (09) 368-1520

Email: [help@pgfnz.org.nz](mailto:help@pgfnz.org.nz)

Web: [www.pgfnz.org.nz](http://www.pgfnz.org.nz)

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## AUCKLAND CENTRAL

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### **Oasis Centres (Salvation Army)**

Phone: (09) 639-1156

Address: Level 1, 691a Mt Albert Rd, Royal Oak

### **Odyssey House (Residential, Adult & Young Adults)**

Phone: (09) 638-4957

Address: First Floor, 110 Mt Eden Rd, Auckland

Email: [admissions@odyssey.org.nz](mailto:admissions@odyssey.org.nz)

Web: [www.odyssey.org.nz](http://www.odyssey.org.nz)

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## AUCKLAND SOUTH

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### **Raukura Hauora o Tainui**

Phone: (09) 263-8040

Address: 47 Druces Rd, Manukau

Email: [enquiries@rauakura.org.nz](mailto:enquiries@rauakura.org.nz)

Web: [www.raukura.org.nz](http://www.raukura.org.nz)

# Whānau Ora Provider Collectives

Whānau Ora is an inclusive interagency approach to providing health and social services to build the capacity of all New Zealand families in need. It empowers whānau as a whole rather than focusing separately on individual family members and their problems. Some whānau will want to come up with their own ways of improving their lives and may want to work on this with a hapū, iwi or a non-government organisation (NGO).

Other whānau will want to seek help from specialist Whānau Ora providers who will offer wrap-around services tailored to their needs. Whānau will have a practitioner or 'navigator' to work with them to identify their needs, develop a plan to address those needs and broker their access to a range of health and social services.

Whānau Ora Provider Collectives are listed below. Contact one of the providers listed under a Collective for more information about the services the Collective provides.

## AUCKLAND WEST

### **M** NUMA Whānau Ora Collective

National Urban Māori Authority (NUMA); Manukau Urban Māori Authority Incorporated (MUMA); Te Kōhao Health Limited; Te Rūnanga o Kirikiriroa; Te Rūnanga o Ngā Maata Waaka Incorporated; Te Whānau o Waipareira Trust

C/o - Te Whānau o Waipareira Trust  
Phone: 0800 92 49 42 or (09) 836 6683  
Address: Whanau House, 6 – 8 Pioneer St, Henderson

### **P** Pacific Islands Safety and Prevention Project

Phone: (09) 832 2555  
Address: 399 Don Buck Rd, Massey

## AUCKLAND CENTRAL

### **P** Alliance Health + Primary Health Organisation (PHO)

Auckpac Health Trust Board; Health Star Pacific Trust; Pasefika Health Trust; Penina Health Trust; Tongan Health Society

C/o - Alliance Health + Primary Health Organisation  
Phone: (09) 588 4260  
Address: 15B Level 1, Vestey Drive, Mt Wellington

### **M** Ngāti Whātua o Ōrākei Māori Trust Board

Ngāti Whātua o Ōrākei Corporate Limited; Ngāti Whātua o Ōrākei Health Services; Ngāti Whātua o Ōrākei Marae Committee; Ōrākei Marae Social and Health Services; Ngāti Whātua o Ōrākei Social Needs Limited

C/o - Ngāti Whātua o Ōrākei Corporate Limited  
Phone: 336 1670  
Address: Level 6, 99 Queen St, Auckland CBD

## AUCKLAND SOUTH

### **M** Kotahitanga

Huakina Development Trust; Papakura Marae; Te Kaha o Te Rangatahi Trust; Turuki Healthcare Trust

C/o - Turuki Healthcare Trust  
Phone: (09) 275 5788  
Address: 2/32 Canning Crescent, Mangere

### **M** NUMA Whānau Ora Collective

National Urban Māori Authority (NUMA); Manukau Urban Māori Authority Incorporated (MUMA); Te Kōhao Health Limited; Te Rūnanga o Kirikiriroa; Te Rūnanga o Ngā Maata Waaka Incorporated; Te Whānau o Waipareira Trust

C/o - Manukau Urban Māori Authority Incorporated (MUMA)  
Phone: (09) 277 7866  
Address: 7 Shirley Rd, Papatoetoe

# RARANGA HĀPORI INFORMATION SERVICES

## Citizens Advice Bureaus (CABs)

### AUCKLAND NORTH

#### CAB - Birkenhead

Phone: (09) 418-0032  
Address: 2 Rawene Rd, Birkenhead  
Post: P.O Box 34-021, Birkenhead  
Email: cab.birkenhead@xtra.co.nz

#### CAB - Browns Bay

Phone: (09) 479-2222  
Address: 2 Glen Rd, Browns Bay  
Email: cab.brownsbay@xtra.co.nz

#### CAB - Glenfield

Phone: (09) 444-9451  
Address: 90 Bentley Ave, Glenfield  
Post: P.O Box 40-661, Glenfield  
Email: cab.glenf@xtra.co.nz

#### CAB - Hibiscus Coast

Phone: (09) 426-5338  
Address: 40-46 Orewa Square (Orewa Community Centre, next to Orewa Community Hall)  
Post: P.O Box 461, Orewa  
Email: cab.hibco@xtra.co.nz

#### CAB - Northcote

Phone: (09) 480-2971  
Address: Level 1, Norman King Building, 1 Ernie Mays St, Northcote  
Post: P.O Box 36-360, Northcote  
Email: cab.northcote@xtra.co.nz

#### CAB - Takapuna

Phone: (09) 486-3139  
Address: 2 The Strand, Takapuna, (Community Services Building)  
Post: P.O Box 33-897, Takapuna  
Email: cab.takapuna@xtra.co.nz

#### CAB - Wellsford

Phone: (09) 423-7333  
Address: 1 Matheson Rd, Wellsford (Wellsford Community Centre)  
Email: cab.wells@xtra.co.nz

### AUCKLAND WEST

#### CAB - Glen Eden

Phone: (09) 818-8634  
Address: Cnr Glendale Rd & Glenmall Pl, Glen Eden (Library Complex)  
Post: P.O Box 201015, Glen Eden  
Email: cab.gleneden@xtra.co.nz

**CAB - Helensville**

Phone: (09) 420-7162  
 Address: 27 Commercial Rd, Helensville  
 Email: cab.helnv@xtra.co.nz

**CAB - Henderson**

Phone: (09) 836-4118 or (09) 836-4119  
 Address: 11 Trading Pl, Henderson  
 Post: P.O Box 12-1434  
 Email: cab.hendr@xtra.co.nz

**CAB - Massey**

Phone: (09) 833-5775  
 Address: Don Buck Rd & Westgate Drive,  
 Westgate (Library Building)  
 Post: P.O Box 84-152, Westgate  
 Email: cab.massey@xtra.co.nz

**CAB - New Lynn**

Phone: (09) 827-4731  
 Address: 3 Memorial Drive, New Lynn  
 (Library Building)  
 Post: P.O Box 15-254  
 Email: cab.newln@xtra.co.nz

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**AUCKLAND CENTRAL**


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**CAB - Avondale**

Phone: (09) 828-7121  
 Address: 99 Rosebank Rd, Avondale  
 Email: cab.avond@xtra.co.nz

**CAB - Central Auckland**

Phone: (09) 302-3676 or (09) 376-3531  
 Address: 44-46 Lorne St, Central Auckland  
 (1st Floor, Central City Library  
 Building)  
 Email: cab.central@xtra.co.nz

**CAB - Eden/Albert**

Phone: (09) 846-4023  
 Address: 82 St Lukes Rd, Auckland  
 Email: cab.mtalb@xtra.co.nz

**CAB - Glen Innes**

Phone: (09) 528-3682  
 Address: 100 Line Rd, Glen Innes  
 Post: P.O Box 18-194, Glen Innes  
 Email: cab.gleninnes@xtra.co.nz

**CAB - Grey Lynn/Ponsonby**

Phone: (09) 376-0392  
 Address: 510 Richmond Rd, Grey Lynn  
 Email: cab.ponsonby@xtra.co.nz

**CAB - Mt Roskill**

Phone: (09) 625-4854  
 Address: 546 Mt Albert Rd, Three Kings  
 Email: cab.mtroskill@xtra.co.nz

**CAB - Onehunga**

Phone: (09) 634-1613  
 Address: 81 Church St, Onehunga  
 (Community Centre &  
 Library Building)  
 Email: cab.onehunga@xtra.co.nz

**CAB - Panmure-Ellerslie**

Phone: (09) 573-5707  
 Address: 7-13 Pilkington Rd, Panmure  
 Post: P.O Box 14-575, Panmure  
 Email: cab.panmure-ellerslie@xtra.co.nz

**CAB - Remuera/Eastern Bays**

Phone: (09) 524-0298  
 Address: 4 Victoria Ave, Remuera  
 Email: cab.remuera@xtra.co.nz

**CAB - Sylvia Park**

Phone: (09) 573-5707  
 Address: 286 Mt Wellington Highway,  
 Auckland (Level 1, Shop N230,  
 Sylvia Park Mall)  
 Post: P.O Box 13-2039, Auckland  
 Email: cab.panmure-ellerslie@xtra.co.nz

**CAB - Waiheke Island**

Phone: (09) 372-8640  
 Address: 141 Ocean View Rd, Oneroa,  
 Waiheke Island  
 Email: cab.waiheke@xtra.co.nz

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**AUCKLAND SOUTH**


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**CAB - Botany**

Phone: (09) 271-5382  
 Address: 4 Sunset Terrace, Botany Downs  
 (Botany Town Centre)  
 Post: P.O Box 51-291, Pakuranga  
 Email: cab.botany@xtra.co.nz

**CAB - Mangere**

Phone: (09) 275-6885  
 Address: Orly Ave, Mangere  
 (Shop 17, Mangere Town Centre)  
 Post: P.O Box 43-000, Mangere  
 Email: cab.mangere@xtra.co.nz



## CAB - Manurewa

Phone: (09) 266-5729

Address: 7J Hill Rd, Manurewa  
(Library Complex)

Post: P.O Box 75-489, Manurewa

Email: [cab.manurewa@xtra.co.nz](mailto:cab.manurewa@xtra.co.nz)

## CAB - Otara

Phone: (09) 274-6577

Address: Bairds Rd, Otara (Shop 1 & 2,  
46 Fair Mall, Otara Town Centre)

Post: 82 St Lukes Road, Auckland

Email: [cab.otara@xtra.co.nz](mailto:cab.otara@xtra.co.nz)

### CAB - Pakuranga-Eastern Manukau

Phone: (09) 576-8331

Address: Aylesbury St, Pakuranga  
(Library Building)

Post: P.O Box 51-291, Pakuranga

Email: cab.pakuranga@xtra.co.nz

## CAB - Papakura

Phone: (09) 299-6411

Address: 4a Opaheke Rd, Papakura

Post: P.O Box 72-131

Email: cab.papakura@xtra.co.nz

## CAB - Papatoetoe

Phone: (09) 278-5191

Address: 35a St George St, Papatoetoe

Email: cab.papatoetoe@xtra.co.nz

## NOTES

# Community Law Centres

## AUCKLAND NORTH

### Glenfield Community Centre

Phone: (09) 444-5023  
Address: Cnr Glenfield Rd & Bentley Ave  
Times: Thursday 9:30am – 4pm

### Northcote Citizens Advice Bureau

Phone: (09) 480-2971  
Address: Ernies May Rd, Northcote  
Times: Monday 10am – 12pm

## AUCKLAND WEST

### Waitakere Community Law Service/Te Korowai Ture o Waitakere

Phone: 0800 52 94 63 or (09) 835-2130  
Address: 1a Trading Pl, Henderson  
Email: [info@waitakerelaw.org.nz](mailto:info@waitakerelaw.org.nz)  
Web: [www.waitakerelaw.org.nz](http://www.waitakerelaw.org.nz)

## AUCKLAND CENTRAL

### Avondale Community Centre

Phone: (09) 828-3302  
Address: 99 Rosebank Rd, Avondale  
Times: Tuesday 9am – 3:30pm

### Glen Innes Community Centre

Phone: (09) 379-2020  
Address: 96 Line Rd, Glen Innes  
Times: Wednesday 9am – 3:30pm

### Grey Lynn Neighbourhood Law Office

Phone: (09) 378-6085  
Address: 449 Richmond Rd, Grey Lynn  
Email: [glnlo@xtra.co.nz](mailto:glnlo@xtra.co.nz)

### Otāhuhu Town Hall Community Centre

Phone: (09) 276-7343  
Address: 10 High St, Otāhuhu  
Times: Tuesday 9:30am – 4:30pm

### Tūmanako House

Phone: (09) 378-6085 (Grey Lynn Office)  
Address: 59c Kitemoana St, Orakei  
Times: Thursday 9:30am – 12:30pm

### Wesley Community Centre

Phone: (09) 836-0026  
Address: 740 Sandringham Rd Extn, Mt Roskill  
Times: Tuesday 9am – 3:30pm

### Youthlaw Tino Rangatiratanga Taitamariki

Phone: 0800 88 45 29 or  
(09) 309-6967 or (09) 307-5243  
Address: Level 1, 219 Federal St,  
Auckland CBD  
Email: [info@youthlaw.co.nz](mailto:info@youthlaw.co.nz)  
Web: [www.youthlaw.co.nz](http://www.youthlaw.co.nz)

## AUCKLAND SOUTH

### Auckland Disability Law

Phone: (09) 275-4310 or (09) 275-4693 or  
027 457 5140  
Address: Unit 9, Shop 27, Bader Drive,  
Mangere Town Centre  
Email: [info@adl.org.nz](mailto:info@adl.org.nz)  
Web: [www.aucklanddisabilitylaw.org.nz](http://www.aucklanddisabilitylaw.org.nz)

### Mangere Community Law

Phone: (09) 275-4310 or (09) 275-4693  
Address: Unit 9, Shop 27, Bader Drive,  
Mangere Town Centre  
Email: [mclc@xtra.co.nz](mailto:mclc@xtra.co.nz)

### Manukau Counties Community Law Centre

Phone: (09) 262-2007 or (09) 262-2005  
Address: 59/63 Druces Rd, Wiri, Manukau  
Email: [reception@ntklaw.org.nz](mailto:reception@ntklaw.org.nz)  
Web: [www.mcccl.org.nz](http://www.mcccl.org.nz)

# RATONGA HĀPORI COMMUNITY SERVICES

## Recreation Centres

Recreation, aquatic, leisure and fitness centres that are community based and low cost.

### AUCKLAND NORTH

#### North Shore Leisure – ActivZone

Phone: (09) 444-6340  
Address: 30 Downing St, Glenfield

#### North Shore Leisure – Beach Haven

Phone: (09) 444-6540  
Address: 29 Cresta Ave, Beach Haven

#### North Shore Leisure – Birkenhead & Osbourne Pool

Phone: (09) 444-6340  
Address: 48 Mahara Ave, Birkenhead

#### North Shore Leisure – East Coast Bays

Phone: (09) 444-6340  
Address: 12 Bute Rd, Browns Bay

#### North Shore Leisure – Glenfield

Phone: (09) 444-6340  
Address: 73-77 Bentley Ave, Glenfield

#### North Shore Leisure – Takapuna

Phone: (09) 444-6340  
Address: 37 Killarney St, Takapuna

#### The Leisure Centre

Phone: (09) 424-1914  
Address: 159 Brightside Rd, Stanmore Bay, Whangaparaoa

#### YMCA

Phone: (09) 480-7099  
Address: 5 Akoranga Drive, Northcote

### AUCKLAND WEST

#### Waitakere Trust Stadium

Phone: (09) 970-5200  
Address: 65-67 Central Park Drive, Henderson

#### Massey Leisure Centre

Phone: (09) 833-8100  
Address: 545 Don Buck Rd, Massey

#### West Wave Aquatic & Recreation Centre

Phone: (09) 838-3706  
Address: 20 Alderman Drive, Henderson

### AUCKLAND CENTRAL

#### ASB Stadium – Community Fitness Centre

Phone: (09) 521-0043  
Address: Cnr Kepa & Kohimarama Rd, Kohimarama (Located in Selwyn College grounds)



**Cameron Pool**

Phone: (09) 624-6058

Address: 53 Arundel St, Mt Roskill

**Ellerslie Recreation Centre**

Phone: (09) 579-4716

Address: Michaels Avenue Reserve, Ellerslie

**Glen Innes Aquatic Centre**

Phone: (09) 527-3260

Address: 122 Elstree Ave, Glen Innes

**Lynfield Recreation Centre**

Phone: (09) 627-1642

Address: 16-18 Griffen Park Rd, Mt Roskill

**Mt Albert Community & Recreation Centre**

Phone: (09) 846-0788

Address: 773 New North Rd, Mt Albert

**Mt Albert Aquatic Centre**

Phone: (09) 815-7005

Address: 38 Alberton Ave, Mt Albert

**Onehunga War Memorial Pool – Jellicoe Park**

Phone: 0508 66 34 86 42

Address: Off Quadrant Rd, Park Gardens, Onehunga

**Otāhuhu Recreation & Youth Centre**

Phone: (09) 276-8207

Address: Fairburn Reserve, 30 Mason Ave, Otāhuhu

**Parnell Baths**

Phone: (09) 373-3561

Address: Judges Bay Rd, Parnell

**Pt Erin Pools**

Phone: (09) 376-6863

Address: Shelly Beach Rd, Herne Bay

**Sir William Jordan Recreation Centre**

Phone: (09) 636-8825

Address: 5 Pearce St, Onehunga

**Tāmaki Recreation Centre**

Phone: (09) 521-6438

Address: Tāmaki College, 60 Elstree Ave, Glen Innes

**Olympic Pool & Fitness Centre**

Phone: (09) 522-4414

Address: 77 Broadway, Newmarket

**Waiheke Recreation Centre**

Phone: (09) 372-8331

Address: 11 Donald Bruce Rd, Waiheke Island (located at Waiheke High School)

**Youthtown Incorporated**

Phone: (09) 379-5430

Address: 68a Nelson St, Auckland CBD

**YMCA**

Phone: (09) 303-2069

Address: 149 Greys Ave, Auckland CBD

**Y-Fitness**

Phone: (09) 354-4601

Address: 23-29 Albert St, Auckland CBD

**Y-Swim**

Phone: (09) 529-3742

Address: 250 West Tāmaki Rd, Glendowie

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**AUCKLAND SOUTH**

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**Allan Brewster Recreation Centre**

Phone: (09) 262-5965

Address: Tavern Lane, Papatoetoe

**Franklin Sports, Swim & Fitness**

Phone: (09) 238-5240

Address: Franklin Rd, Pukekohe

**Howick Recreation Centre**

Phone: (09) 534-5153

Address: 563 Pakuranga Rd, Howick

**Jubilee Pool – Bledisloe Park**

Phone: (09) 238-5240

Address: Queen St, Pukekohe

**Lloyd Elsmore Park & Leisure Centre**

Phone: (09) 535-5502

Address: Sir Lloyd Dr, Pakuranga

**Manurewa Recreation Centre**

Phone: (09) 267-4646

Address: Frances St, Manurewa

**Massey Park Aquatic Centre**

Phone: (09) 298-8526

Address: 2 Ron Keat Drive, Papakura

**Moana-Nui-a-Kiwa**

Phone: (09) 275-8979

Address: Cnr Waddon Pl &amp; Mascot Ave, Mangere

**Otara Leisure Centre**

Phone: (09) 275-8979

Address: 115 Bairds Rd, Otara

### Pakuranga Recreation & Youth Centre

Phone: (09) 576-9739

Address: Entrance through  
Williams Robert Rd, Pakuranga

### Papatoetoe Centennial Pools

Phone: 278-4167

Address: Sutton Crescent, Papatoetoe

### Papakura Recreation & Fitness

Phone: (09) 298-6852

Address: 294 Great South Rd, Papakura

### Te Matariki Clendon Community Centre

Phone: (09) 269-0500

Address: Palmers Rd, Clendon

### Totara Park Pool

Phone: (09) 267-7467

Address: Wairere Rd, Manurewa

### Whiteside Pool

Phone: (09) 238-5240

Address: Kitchener Rd, Waiuku

## NOTES

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# Marae in Auckland

## AUCKLAND NORTH

### Awataha Marae

Phone: (09) 487-0082 or (09) 486-5467

Address: 58 Akoranga Drive, Northcote

### Motairehe Marae

Phone: (09) 429-0790 (Barrier) or

(09) 357-6138 (Auckland)

Address: Motairehe Rd, Motairehe,  
Great Barrier Island

### Ngātiwai O Aotea Kāwa Marae

Phone: (09) 429-0529 Office,  
(09) 429-0070 Marae Building,  
(09) 444-5727 Chairperson

Address: Kawa Rd, Great Barrier Island

### Omaha Marae

Phone: (09) 422-6292

Address: Cape Rodney Access Rd, Leigh

### Oruawharo Marae

Phone: (09) 423-8197

Address: 804 Oruawharo Rd, Wellsford RD 5

### Puatahi Marae

Address: 3539 Kaipara Coast,  
Warkworth RD 4

### Te Hana - Te Ao Marama

Phone: (09) 423-8708

Address: 313 State Highway 1, Te Hana,  
Wellsford

### Te Kamaka Marae

Phone: (09) 480-7784

Address: 103 College Rd, Northcote

### Te Taua Moana Marae

Phone: (09) 445-5407

Address: Jim Titchener Parade, Devonport

## AUCKLAND WEST

### Auhia Ki a Mōhio Ki a Rangatira

Phone: (09) 827-6063

Address: Great North Rd, Kelston

### Haranui Marae

Phone: (09) 420-7675

Address: 64 Haranui Rd, Parkhurst,  
Te Awaroa/ Helensville

### Hoani Waititi Marae Trust

Phone: (09) 818-2323

Address: 451 West Coast Rd, Glen Eden

### Kōtuku Marae

Phone: (09) 834-3012

Address: 16 Kōtuku St, Te Atatu North

### Panuku Marae (Te Puawai Rangatahi)

Phone: (09) 838-6939

Address: 31 Henderson Valley Rd, Henderson

### Rūaumoko Marae

Phone: (09) 827-9812

Address: Archibald Rd, Kelston

### Te Aroha Pā

Phone: (09) 420-5683

Address: 2558 Kaipara Coast Highway, Araparera

### Te Kia Ora Marae

Phone: 021 795 472

Address: 2263 Kaipara Coast Highway, Kakanui

### Te Mahanahana Marae

Phone: (09) 831-0500

Address: 274 Don Buck Rd, Massey

### Te Piringatahi o te Maungārongo Marae

Phone: (09) 416-9244

Address: 7/19 Luckens Rd, West Harbour

### Te Roopu O Kakariki Marae

Phone: (09) 817-8634

Address: Godley Rd, Green Bay

### Whiti Te Rā Marae O Rēwiti

Phone: (09) 817-8634

Address: 1285 State Highway 16,  
Waimauku 0842

Phone: 817 8634

## AUCKLAND CENTRAL

### AUT Ngā Wai O Horotiu Marae

Phone: (09) 921-9999 Ext. 8819  
Address: Corner of St Pauls and  
Wellesley Streets, Auckland Central

### Kahurangi Ki Maungawhau Marae

Phone: (09) 307-4180 Ext. 865 or  
027 392 6832  
Address: Auckland Girls Grammar,  
Howe St, Auckland Central

### Ōrākei Marae

Phone: (09) 521-4291  
Address: 59b Kitemoana St, Orakei

### Piritahi Marae

Phone: (09) 372-8860  
Address: Tahatai Rd, Blackpool, Waiheke Island

### Ruapōtaka Marae

Phone: (09) 570-5340  
Address: 106 Line Rd, Glen Innes

### Tatai Hono Marae

Phone: (09) 377-5400  
Address: 8 Burleigh St, Grafton

### Te Aka Matua ki te Pou Hawaiki

Phone: (09) 623-8899 Ext. 48595  
Address: University of Auckland, Te Puna  
Wānanga, Gate One,  
78 Epsom Avenue, Epsom

### Te Māhurehure Cultural Marae Soc Inc.

Phone: (09) 299-7659 or (09) 267-7825  
Address: 73 Premier Ave, Pt Chevalier

### Te Poho O Tāmaki Marae

Phone: (09) 521-1104  
Address: Elstree Ave, Glen Innes

### Te Tira Hou

Phone: (09) 527-1467  
Address: Corner of Tripoli & Caen Roads,  
2A Caen Rd, Panmure

### Te Unga Waka Marae

Phone: (09) 520-0861  
Address: 1 Clyde St, Epsom

### Te Noho Kotahitanga

Phone: (09) 849-4180  
Address: Carrington Rd, Mt Albert

### Waipapa Marae

Phone: (09) 373-7599 Ext. 88738  
Address: Wynyard St, Auckland Central

## AUCKLAND SOUTH

### Auckland Mataatua Society Inc. (Mataatua Marae)

Phone: (09) 275-4004 or 021 0229 7037  
Address: 17 Killington Crescent, Mangere

### Kia Aroha Marae

Phone: (09) 274-5807  
Address: 51 Othello Drive, Otara

### Makaurau Marae

Phone: (09) 255-5450  
Address: 8 Ruaiti Rd, Ihumatao, Mangere

### Manurewa Marae

Phone: (09) 267-8768  
Address: 81 Finlayson Ave, Manurewa

### Ngāti Otara Marae

Phone: (09) 274-9064  
Address: Corner of Gilbert Rd and Otara Rd,  
Otara

### Ngā Hau E Whā O Pukekohe Marae

Phone: (09) 238-8808  
Address: 88 Beatty Rd, Pukekohe

### Ngā Kete O Te Aroha Marae

Phone: (09) 274-5782  
Address: 2 Alexandra Crescent, Otara

### Ngā Kete Wānanga Marae

Phone: (09) 968-8000 Ext. 7119  
Address: MIT, Gate 12, NC Block,  
North Campus, Otara Rd, Otara

### Ngā Tai E Rua Marae

Phone: (09) 236-8106  
Address: 16 Carr St, Tuakau

### Ngā Tapuwae O Mataaho Marae

Phone: (09) 255-0404 Ext. 711  
Address: 253 Buckland Rd West, Mangere

### Ngā Whare Waatea

Phone: (09) 275-0771 or 027 226 9324  
Address: c/- 31 Calthorpe Close, Mangere

### Ngāti Kohua

Phone: (09) 292-8882  
Address: 877 Clevedon KawaKawa Rd,  
Clevedon

### Oraeroa Marae

Phone: (09) 232-9546  
Address: Stack Rd, Port Waikato, Tuakau RD 5

### Pakau Marae

Phone: (09) 275-3230  
Address: 1648 Port Waikato Rd, Tuakau RD 1



## COMMUNITY FACILITIES

Phone: (09) 298-3877  
Address: 29 Hunua Rd, Papakura

## Papatūānuku Kōkiri Marae

Phone: (09) 256-1472 or 0274 974 998  
Address: 141 Robertson Rd, Mangere

## Pūkākī Marae

Phone: (09) 275-7533  
Address: 163 Pūkākī Rd Extn, Mangere

## Pukerewa Marae

Phone: (09) 233-3029 or 021 048 1190  
Address: 470 Pukerewa Rd, Waikaretu,  
Tuakau RD 5

## Reretewhioi

Phone: (09) 235-8605  
Address: Tahurangi Rd, Waiuku

## Tāhuna Marae

Phone: (09) 235-7513  
Address: Tāhuna Pa Rd, Waiuku

## Te Awamārahi

Address: 529 Port Waikato Rd, Tuakau

## Te Karaiti Te Pou Herenga Waka

Phone: (09) 275-5335 or (09) 257-3265  
Address: Cnr of Orly Rd and Waddon Pl,  
Mangere

## Te Mānukanuka o Hoturoa

Phone: (09) 256-8148  
Address: Tāmaki Herenga Waka,  
(off Uenuku Way), Auckland Airport

## Te Pou Herenga Waka Marae

Phone: (09) 268-3950  
Address: Dr Pickering Ave, Manurewa

## Te Puea Memorial Marae

Phone: (09) 636-7017  
Address: 41 Miro St, Mangere Bridge

## Te Tahawai Marae

Phone: (09) 577-0409  
Address: 32 Edgewater Drive, Pakuranga

## Te Toku Toru Tapu

Phone: (09) 292-8882  
Address: 879 Clevedon Rd, Clevedon

## Te Whare Wānanga O Owairoa

Phone: (09) 532-8618  
Address: 35 Uxbridge Road, Howick

## Tikirahi Marae

Phone: (09) 236-8036  
Address: Te Kohanga Main Rd, Port Waikato,  
Tuakau RD 3

## Umupuia Maraе

Phone: (09) 296-6504  
Address: 163 Maraetai Coast Rd, Clevedon

## Whaiora Marae

Phone: (09) 274-6554  
Address: 14 Otara Rd, Otara

## NOTES





## NOTES

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