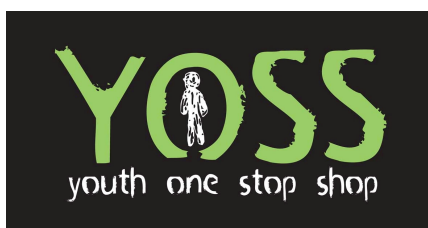


YOUTH DIRECTORY

The Youth Directory was originally produced by the Youth One Stop Shop ('YOSS') in 1995.



It is not a complete listing of all the agencies and organisations that work with young people in Palmerston North – but a list of community groups that we use as referral sources.

On request from community groups YOSS in co-operation with START, have made this information available and it is important that it is used as a living document, needing amendments and additions.

Please feel free to photocopy and hand the Youth Directory on to friends and colleagues.

Please contact us with any amendments or additions that can be made in subsequent editions of the Youth Directory.



Corner Andrew Young & Cuba Streets
PO Box 2074, Palmerston North
(06) 355 5143
info@startme.org.nz

This directory was updated on 31 July 2009.

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CONTACTS

24 Hour Help

Alcoholics Anonymous

 0800 229 6757
 (06) 356 3215
 www.alcoholics-anonymous.org.nz

Al'Anon




 0508 425 2666
 (06) 355 2693
 Plunket Rooms, 177 Vogel Street
Palmerston North 4414
 www.al-anon.org.nz
 nz-al-anon-gso@xtra.co.nz

Support groups for relatives and friends of alcoholics.


City Doctors

 (06) 355 3300
 22 Victoria Avenue
Palmerston North 4410
 citydocs@xtra.co.nz
Day and after hours medical care 7 days a week.



Department of Child Youth and Family Services

 0508 326 459
 315-319 Church Street
Palmerston North 4410
 PO Box 4163, Manawatu Mail Centre
Palmerston North 4442


Kidsline

 0800 543 754
Support line for kids (under 13). Call from anywhere in New Zealand or on your mobile phone.


Lifeline

 0800 111 777
 www.lifeline.org.nz

Mental Health Emergency Team





 0800 653 357

Methadone Services






 (06) 357 2066

Fax (06) 357 0755
 Palmerston North Hospital,
Palmerston North


New Zealand Police

 Dial 111 in an emergency
 (06) 351 3600
Fax (06) 350 3860
 PO Box 11040, Manawatu Mail
Centre, Palmerston North 4442
 400 Church Street
Palmerston North 4410
Look at page 45 in your telephone book for other Palmerston North police stations.




Parentline Manawatu

 (06) 355 1655
 0800 4 FAMILY
 Level 2 Westside Chambers
151 The Square,
Palmerston North 4410
 PO Box 2014, Palmerston North
Central, Palmerston North 4440
 parentline.manawatu@xtra.co.nz
Support for parents through family counselling, parenting courses and 24hr telephone helpline.





Healthline

 0800 611 116

Manawatu Rape and Sexual Abuse Centre (formally Rape Crisis)



 (06) 355 9088
 PO Box 673, Palmerston North
Central, Palmerston North 4440
 rape.crisis.hurt-to-heal@xtra.co.nz
Counselling and support work

Maori Womens' Refuge


 (06) 355 0626
 (06) 358 0352 (office)
 (06) 356 5585 (crisis)
Fax (06) 355 0364
 PO Box 573, Palmerston North
Central, Palmerston North 4440
Support for women against abusive partners.

CONTACTS

National Poisons Center

 0800 764 766
 0800 POISON



Salvation Army Helpline

 (06) 357 7540





Samaritans

 0800 726 666
 (06) 358 2442
 5 Pitt Street
Palmerston North 4410
 PO Box 1963 Palmerston North
Central, Palmerston North 4440
Telephone listening service.



The Doctors

 (06) 354 7737
 27 Linton Street
Palmerston North 4410
Accident and family medical clinic. FREE
pick-up service.





Victim Support

 (06) 351 3873 (office hours)
 0800 Victim Support
 Central Police Station Church Street
Palmerston North
 Private Bag, Palmerston North
Working with victims of crime, accident
and emergencies

Women's Refuge

 (06) 356 5585
 PO Box 573, Palmerston North
Central, Palmerston North 4440
Support, Shelter and Information for
woman (and their children) experiencing
domestic violence

Youthline


 0800 376 633
 (06) 357 3067 (Office line)
 PO Box 575, Palmerston North
Central, Palmerston North 4440
 youthline@xtra.co.nz
Telephone crisis line: 24 hours 7 days a
week.

Accommodation & Housing





Anne Keith Hostel/Grandmas Placey

 (06) 358 6928
 ak1@clear.net.nz


Baptist Youth Hostel

 (06) 355 5107

Camellia House

 (06) 357 7056
 160A Park Road, West End,
Palmerston North 4410
 PO Box 106, Palmerston North
Central, Palmerston North 4440
 camelliahouse@xtra.co.nz
Provides emergency short term
accommodation for women over 17
years, children welcome





Manawatu Community Shelter

 (06) 355 4346

Housing Advice Centre




 (06) 358 4875
 43 King Street,
Palmerston North 4410
 PO Box 4348, Manawatu Mail
Centre, Palmerston North 4442
 housingadvice@clear.net.nz
Offers a 24 hour house/flat listing
service and provides information and
advocacy on flatmate and boarding
positions. Open from 10am to 3pm
Monday to Friday.

Housing New Zealand

 (06) 355 0122 or (0800) 801 601
 117 Broadway Avenue,
Palmerston North 4410
 PO Box 248, Palmerston North
Central, Palmerston North 4440
 www.hnzc.co.nz
Priority given to those on a low income
and need.

CONTACTS



Manawatu Tenants Union

 (06) 357 7435
 5 Pitt Street, Palmerston North 4410
 PO Box 2060, Palmerston North Central, Palmerston North 4440
Provides a 24 hour free service offering advice on all aspects of tenancy.



MASH Trust

 (06) 355 7200
Fax (06) 355 7201
 602-606 Main Street, Palmerston North 4410
 PO Box 157, Palmerston North Central, Palmerston North 4440
 manawatu@mashtrust.org.nz
 www.mashtrust.org.nz
Provides support, advice on mental health and addictions.

McAloon House

 (06) 356 4826
 19 Duff Crescent, Highbury Palmerston North 4412
Provides emergency housing for up to eight weeks – bond required. Support is also provided to find permanent accommodation for tenants. For further information contact Kevin the Manager.



North Lodge

 (06) 358 3080
 115 North Street Palmerston North 4410
Provides short and long term accommodation. Bond is required for long term tenants. Rent includes breakfast. For further information contact the Manager.


Peppertree Backpackers Hostel

 (06) 355 4054
 121 Grey Street, Palmerston North 4410

Salvation Army Men's Hostel





 (06) 353 3459
 0274 860 370

Salvation Army Women's Hostel

 (06) 354 3890

Addictions



Alcoholics Anonymous

 0800 229 6757
 (06) 356 3215
 0800 229 6757
 www.alcoholics-anonymous.org.nz

Al'Anon

 0508 425 2666
 (06) 355 2693
 Plunket Rooms, 177 Vogel Street Roslyn, Palmerston North 4414
 www.al-anon.orxxg.nz
 nz-al-anon-gso@xtra.co.nz
Support groups for relatives and friends of alcoholics. Al-Anon Family Groups are for relatives and friends of alcoholics.

Alcohol & Drug Help Line

 0800 787 797
 www.druginfo.org.nz
Lines open 10.00am-10.00pm daily. A confidential information, advice and referral service for people with questions about their own or some else's drinking

CAFS Youth Alcohol and Drug Service

 (06) 350 8373
Fax (06) 350 8374
 Community Village, Konini House Ruahine Street, Terrace End, Palmerston North 4410
 PO Box 2056, Palmerston North Central, Palmerston North 4440
Moderate to severe Alcohol and drug assessment, treatment planning and counselling.

CONTACTS

DHDP- Drugs & Health Development Project (Needle Exchange)

☎ (06) 353 5063

Fax (06) 353 5064

🏠 81 Grey Street
Palmerston North 4410

💻 www.needle.co.nz

💻 dhdppalmerstonnorth@needleexchange.co.nz

DPYK- Drug Proofing Your Kids

💻 www.dpyk.org.nz

Focus on the family, how to drug proof your kids.

Fetal Alcohol Support Trust

☎ (07) 847 6752

💻 www.fast.org.nz

💻 fast@xtra.co.nz

MASH Trust

☎ (06) 355 7200

Fax (06) 355 7201

🏠 602-606 Main Street
Palmerston North 4410

📮 PO Box 157, Palmerston North
Central, Palmerston North 4440

💻 manawatu@mashtrust.org.nz

💻 www.mashtrust.org.nz

Provides support, advice on mental health and addictions.

Palmerston North Street Van Inc

☎ (06) 356 3337

Fax (06) 356 6199

🏠 40 Ferguson Street, Awapuni,
Palmerston North 4412

📮 PO Box 5477, Terrace End,
Palmerston North 4441

Working with young people with addictions. Also providing information and accommodation.

Social Service Centre

☎ (06) 323 7191

🏠 68 Aorangi Street, Feilding 4702
Alcohol & Drug Youth Worker
Robin Duncan – Every Monday
Manchester House

Teen Challenge

☎ (06) 328 9889

Fax (06) 328 9889

🏠 1650 Kimbolton Road, Cheltenham
Road, RD 7, Feilding

📮 PO Box 544, Feilding

💻 info@teenchallenge.org.nz

💻 www.tehuia.teenchallenge.org.nz

💻 www.teenchallenge.org.nz

Alcohol & Drug and life-controlling problems, working with male 16-35yrs long term 12- 14 months.

Te Runanga O Raukawa

☎ (06) 356 4963

Fax (06) 355 7201

🏠 606 Main Street
Palmerston North 4410

📮 PO Box 157, Palmerston North
Central, Palmerston North 4440

Te Whanau Manaaki O Manawatu

A & D Kaupapa Maori Services

☎ (06) 354 0043

☎ Cell 027 451 8922

Fax (06) 353 5252

🏠 31 Featherston Street, Takaro,
Palmerston North 4412

💻 twmomt@xtra.co.nz

The Gambling Helpline

☎ 0800 654 655

☎ Text for HELP 8006

Lines open 7days per week. Mon-Fri
8.00am-10pm, Weekends 9am-10pm.
For problem gamblers, significant
others and for information on gambling

Whakapai Hauora (Best Care)

☎ (06) 353 6385

Fax (06) 353 1883

🏠 140-148 Maxwells Line, Awapuni,
Palmerston North 4412




📮 PO Box 1341, Palmerston North
Central, Palmerston North 4440

💻 bcwh@rangitaane.iwi.nz

💻 www.whakapaihauora.maori.nz

CONTACTS

Youth One Stop Shop




 (06) 355 0241 (direct line)
 PO Box 575, Palmerston North
Central, Palmerston North 4440
 mandy@yoss.org.nz
Alcohol and Drug support, education & programmes for young people. Support group for families/whanau.

Advice and Advocacy Services

A Secure Base

 (06) 357 9163
Fax (06) 357 9164
 39 Cuba Street, Main Street,
Palmerston North 4410
 PO Box 5526, Terrace End
Palmerston North 4441
Professionals in Parent & Child Attachment & Healthy Human Development: Hours: 9.00am – 5.00pm (Mon-Fri)

Central Region Advocacy Service

 (06) 355 2094
Fax (06) 355 0612 or 355 0412
 Commercial Building, Level 2
10-15 The Square
Palmerston North 4410
 PO Box 733, Palmerston North
Central, Palmerston North 4440
Offers information, support and advocacy for IRD and benefit entitlements. Open Monday to Friday noon – 2:30pm

Citizens Advice Bureau

 (06) 357 0647 or 0800 FOR CAB
Fax (06) 357 9273
 55 Pitt Street
Palmerston North 4410
 PO Box 1206, Palmerston North
Central, Palmerston North 4440
 www.cab.org.nz
 cab.palmn@xtra.co.nz

Community Net Aotearoa

 www.community.net.nz

Manawatu Home Budgeting Service

 (06) 358 2279
 55 Pitt Street
Palmerston North 4410
Advice and assistance on financial Matters.
 mnbs@xtra.co.nz

Manawatu Lesbian & Gay Rights Association

 www.malgraclubq.org.nz




MASH Trust

 (06) 355 7200
Fax (06) 355 7201
 602-606 Main Street
Palmerston North 4410
 PO Box 157, Palmerston North
Central, Palmerston North 4440
 manawatu@ mashtrust.org.nz
 www.mashtrust.org.nz
Provides support, advice on mental health and addictions.



MUSA Advocacy Service

 (06) 350 4505
 Massey University, Private Bag
11222, Manawatu Mail Centre,
Palmerston North 4442
 Tennant Drive, Palmerston North
 advocacy@musa.org.nz

Netsafe – The Internet Safety Group

 0508 NETSAFE (0508 638 723)
 PO Box 9386, Newmarket,
Auckland 1149
 queries@netsafe.org.nz
Offers advice and counselling on internet bullying and abuse.

NZ Federation of Disability Information Centre's

 (06) 326 9094
 www.nzfdic.org.nz
Contact: Carol Searle, CEO

CONTACTS

No Bully

☎ 0800 NOBULLY (0800 662 8559)

🌐 www.nobully.org.nz

P.A.C.I.F.I.C.A Inc

☎ (06) 357 8914

Contact: Makerita Saman Auta

A national organisation for Pacific Island Women but open to all. Budgeting, moral support, advice, encouragement, welcome to Manawatu.

Te Manawa Services

☎ (06) 323 8330

Fax (06) 323 9330

🏠 Corner Stafford and Fergusson Streets, Feilding 4702

📮 PO Box 368, Feilding 4740

🌐 office@temanawa.org.nz

Youth and Parenting Programmes available.

Counselling

A Secure Base

☎ (06) 357 9163

Fax (06) 357 9164

🏠 39 Cuba Street

Palmerston North 4410

Professionals in Parent & Child Attachment & Healthy Human Development - Hours: 9.00am – 5.00pm (Mon-Fri)

Acorn Counselling Practice

☎ (06) 355 3345

☎ 027 232 3073

🏠 39 Cuba Street

Palmerston North 4410

Professionals in Parent & Child Attachment & Healthy Human Development

Hours: 9.00am – 5.00pm (Mon)

Hours: 9.00am – 12.00pm (Tues & - Wed)

Across Social Services

☎ (06) 356 7486

🏠 294A Church Street
Palmerston North 4410

📮 PO Box 1140, Palmerston North Central, Palmerston North 4440

🌐 enquiries@across.org.nz

Contact: Rose Alan (counselling)

Family support service groups and counselling including support groups for families bereaved by suicide.

Donations.

Amesbury Christian Counselling Service

☎ (06) 357 4424

🏠 142 Grey Street

Palmerston North 4410

📮 PO Box 1570, Palmerston North Central, Palmerston North 4440

Qualified counsellors, fee scaled on income, approved Family Court, ACC and CY&F providers. GP practice, Osteopath on site.

Child, Adolescent and Family Mental Health Service

☎ (06) 350 8373

🏠 Koninii House, Community Village, Palmerston North Hospital, Terrace End, Palmerston North 4410

📮 Private Bag 11036, Manawatu Mail Centre, Palmerston North 4442

Specialist mental health service for children, adolescents and their families with mental health issues. Aged 0-19

Feilding and Districts Youth Board

☎ (06) 323 6002

☎ 0274 399 591

🏠 139 South Street, Feilding 4702

📮 PO Box 404, Feilding 4740

Provides a restorative justice programme for young offenders.

Manawatu Rape and Sexual Abuse Centre (formally Rape Crisis)

☎ (06) 356 5868

Fax (06) 355 9088

📮 PO Box 673, Palmerston North Central, Palmerston North 4440


CONTACTS


 admin@mrsac.org.nz

 www.mrsac.org.nz

Counselling. Voyage group for children 5-12 years. Free counselling available. Support primary female survivors and family. Education officer available. 24hr crisis line.

Manawatu Relationship Services

 (06) 357 6483


 0800 RELATE

 Westside Chambers 181-185, The Square, Palmerston North 4410


 manawatu@relate.org.nz

Offers personal counselling and education courses to help develop effective relationships

Manchester House Social Services Society


 (06) 323 7191


 68 Aorangi Street, Feilding 4702


 PO Box 349 Feilding 4740

 mhss@inspire.net.nz

Manline

 (06) 358 1211


 Top Floor, Room 201 Square Edge Building Church Street Palmerston North 4410

 PO Box 7053, Pioneer Highway Palmerston North 4443


 www.manline.co.nz


Provides 'stopping violence' groups and individual counselling for men. Mens therapy for any issues, also a 24 hour list of emergency phone numbers.

MASH Trust

 (06) 355 7200

Fax (06) 355 7201

 602-606 Main Street, Palmerston North 4410


 PO Box 157, Palmerston North Central, Palmerston North 4440

 manawatu@mashtrust.org.nz


 www.mashtrust.org.nz

Provides support, advice on mental health and addictions.

Methodist Social Service Centre

 (06) 357 3277

 663 Main Street Palmerston North 4410

 PO Box 1887, Palmerston North Central, Palmerston North 4440


Provides counselling and a social worker. We also have recycled clothing shops, a food bank and education services.

No Bully

 0800 NOBULLY (0800 662 8559)


 www.nobully.org.nz

Salvation Army Counselling


 (06) 357 7540


Counselling by appointment only. Fee based on income assessment

Pathways to Wellbeing – Huarahi Whakaoranga Inc

 (06) 355 3387

Fax (06) 353 1999

 Level 4, Westside Chambers, 151 The Square, Palmerston North


 PO Box 5010 Palmerston North

 rightpath@xtra.co.nz


 www.pathwaystowellbeing.org.nz

Service Manager: Chris Hocken

Te Aroha Noa Family Centre

 (06) 358 2255

 12-26 Brentwood Avenue Highbury, Palmerston North 4412

 PO Box 7141, Pioneer Highway Palmerston North 4443

 tearohanao@xtra.co.nz

 www.tearohanao.org.nz

Offers counselling, a home instruction program for parents and youngsters (HIPPI program), and an early childhood center for 0-5 year olds. Call Vicky for more details or Janet for counselling (available Mon/Tues/Thurs)

CONTACTS






Te Manawa Counselling Services

 (06) 323 8330
 Community Centre, Cnr Stafford & Ferguson Sts Feilding
 PO Box 368 Feilding
 office@temanawa.org.nz
Anger management for men in groups, woman individually. Family support education. Individual youth and parenting counselling available




Wellstop

 (06) 356 9666
Fax (06) 356 9699
 PO Box 420 Palmerston North Central, Palmerston North 4440
 1st Floor, Corner of Queen & Rangitikei Streets (above Drake Recruitment) Palmerston North 4410
 pnorth@wellstop.org.nz
 www.wellstop.org.nz
Contact: Gerald Warner





Whakapai Hauora (Best Care)

 (06) 353 1884
Fax (06) 353 1885
 140-148 Maxwells Line, Awapuni Palmerston North 4412
 PO Box 1341, Palmerston North Central, Palmerston North 4440
 bcwh@rangitaane.iwi.nz
 www.whakapaihauora.maori.nz
Individual and whanau counselling

Women's Health Collective





 (06) 357 0314
 PO Box 4253, Manawatu Mail Centre Palmerston North 4442
 pnwhc@xtra.co.nz
FREE services including health information, pregnancy tests, support, referral assistance and advocacy, cervical screening clinic for target women. Also subsidised counselling, and access to lower cost natural health therapists e.g. osteopath, hypnotherapist - for women and children.

Youth One Stop Shop




 (06) 355 5906
 7 Edgeware Road Palmerston North 4410
 PO Box 575, Palmerston North Central, Palmerston North 4440
 info@yoss.org.nz
Free counselling for young people aged 10-24 years. Both male and female youth counselors.

Disability

Advocacy Network Services Trust

 (06) 353 7236
 0800 423 638
 155 Grey Street Palmerston North 4410
 PO Box 1004, Palmerston North Central, Palmerston North 4440
Provides a service for people to raise a concern or make a complaint about a health or disability service that they have received.

Brain Injury Association

 (06) 354 3540
 38 West Street, West End, Palmerston North 4412
 PO Box 34, Palmerston North Central, Palmerston North 4440
Advocacy, information and support for people who have sustained a brain injury, also provides rehab for brain injury.




CCS Disability Action

 (06) 357 2119
Fax (06) 357 2118
 248 Broadway Avenue Palmerston North 4410
 PO Box 143, Palmerston North Central, Palmerston North 4440
 admin.manawatu@ccsdisabilityaction.org.nz

CONTACTS

Provides support and assistance for people with disability and their families.

Child & Youth Crisis Respite

 (06) 355 7200
 MASH Trust, PO Box 157 Palmerston North Central Palmerston North 4410
 manawatu@mashtrust.org.nz

Referrals are received from CAFS for counselling services.

Deaf Association of Manawatu

 (06) 357 5942
Fax (06) 357 5700
 1st Floor United Building
86 The Square
Palmerston North 4410
 jill.broom@deaf.co.nz





Provides an interpreter service, needs and equipment assessment, advocacy services

Disability Persons Assembly Palmerston North & Districts


 (06) 357 9877
 Westside Chambers, 3rd Floor,
151 The Square
Palmerston North 4410
 dpapn@xtra.co.nz

Mutual support and information network. Provides support and advocacy and referral service.



Idea Services

 (06) 350 9372
 Cnr Cuba and Andrew Young Street
Palmerston North 4410
 PO Box 1307, Palmerston North Central, Palmerston North 4440
 manawatu@idea.org.nz

Provides after School programme for family and Whanau. Aged 5-21. Mon 5yr-10year old. Tues, Wed and Thurs 11-21year old. 9 Woburn place.

 (06) 3548761 - family Whanau main office phone.




Manawatu Autism Support Association

 (06) 357 7846
 PO Box 4624, Manawatu Mail Centre Palmerston North 4442
Information and support network on autism and asperger's syndrome and other related conditions

Manawatu S.F.

 (06) 355 8561
 16 Broadway Avenue, Ansett House
3rd Floor Palmerston North 4410
 PO Box 5010, Terrace End
Palmerston North 4441
 manawatu.s.f@xtra.co.nz
Support, advocacy, information and education for people affected by all major mental illnesses

Manawatu Stewart Centre




 (06) 354 6728
 38 West Street, West End,
Palmerston North 4412
 www.stewartcentre.org.nz
Rehabilitation for people with acquired brain injury
Hours: Monday to Friday 9am to 3pm

Options in Community Living

 (06) 356 2193
 31 Princess Street, West End
Palmerston North 4412
 PO Box 1443, Palmerston North Central, Palmerston North 4440
 options@options.org.nz
 www.options.org.nz

Offers personal support for people to participate in the community. Provides vocational services, supported independent living, referrals, information and advice for people with disabilities

Parent to Parent Manawatu

 (06) 355 0787
 Freephone 0508 236236
 PO Box 5010, Terrace End
Palmerston North 4441

CONTACTS

Support and information for families of children with special needs

Pathways to Wellbeing – Huarahi Whakaoranga Inc

☎ (06) 355 3387

Fax (06) 353 1999

🏠 Level 4, Westside Chambers
151 The Square

Palmerston North 4410

📮 PO Box 5010, Terrace End
Palmerston North 4441

💻 rightpath@xtra.co.nz

💻 www.pathwaystowellbeing.org.nz

Service Manager: Chris Hocken

Phoenix Incorporated

☎ (06) 354 7520

🏠 Unit 4, Northcote Office Park, 145
Queen Street, Palmerston North 4410

📮 PO Box 1905, Palmerston North
Central, Palmerston North 4440

💻 www.phoenixinc.org.nz

Transition services offered to ORRS funded young people in their final year of high school.

Royal Foundation for the Blind

☎ (06) 350 2540

Fax (06) 356 1790

🏠 43 Walding Street
Palmerston North 4410

📮 PO Box 310, Palmerston North
Central, Palmerston North 4440

💻 astevens@rnzfb.org.nz

Rehabilitation services for the blind and partially blind

Whaiora Trust (Maori Mental Health)

☎ (06) 354 0670

📮 PO Box 157, Palmerston North
Central, Palmerston North 4440

Workbridge

☎ (06) 352 0351

🏠 28 Queen Street
Palmerston North 4410

📮 PO Box 4453, Manawatu Mail Centre
Palmerston North 4442

Assessment and job placement also support employment for people with disabilities.

Health

A Secure Base

☎ (06) 357 9163

Fax (06) 357 9164

🏠 39 Cuba Street
Palmerston North 4410

Professionals in Parent & Child Attachment & Healthy Human Development - Hours: 9.00am – 5.00pm (Mon-Fri)

Amesbury Christian Health Service

☎ (06) 357 4424

🏠 142 Grey Street
Palmerston North 4410

📮 PO Box 1570, Palmerston North
Central, Palmerston North 4440

GP practice including one full-time male doctor and one part-time female doctor (focused on youth and women's health), Osteopath also on site.

CAFS Youth Mental Health Service

☎ (06) 350 8373

🏠 Community Village, Konini House
Palmerston North Hospital
Ruahine Street, Terrace End
Palmerston North 4410

Community Mental Health

☎ (06) 350 8184

🏠 Community Village, Ruahine Street
Palmerston North Hospital, Terrace
End, Palmerston North 4410

📮 PO Box 2056, Palmerston North
Central, Palmerston North 4440




Moderate to severe mental illness

Cancer Society



☎ (06) 356 5355

Fax (06) 356 7804




CONTACTS

 Addis House, 135 Ruahine Street
Terrace End
Palmerston North 4410
 PO Box 5170, Terrace End,
Palmerston North 4441
 information@cancerpn.nz




Drugs & Health Development Project

 (06) 353 5063
 91 Grey Street
Palmerston North 4410
Needle exchange, drug information & advocacy. Monday to Friday 10am-7pm.
Sat, Sun & Public Holidays 11am-3pm.




FPA education service

 (06) 359 2395
 CCS Building, 248 Broadway Avenue
Palmerston North 4410
 PO Box 616, Palmerston North
Central, Palmerston North 4440
Provides education programmes,
resources, advice and support relating to
sexual and reproductive health.



Manawatu Bereaved by Suicide Support Group

 (06) 357 2533
 PO Box 5010, Terrace End
Palmerston North 4441
 roseal@inspire.net.nz
Support programme for adults who are
bereaved by suicide

Manawatu Lesbian and Gay Rights Association (MALGRA)

 (06) 358 5378
 PO Box 1491, Palmerston North
Central, Palmerston North 4440
 www.malgraclubq.org.nz
Offers support and information about gay
and lesbian issues.


MASH Trust

 (06) 355 7200
Fax (06) 355 7201
 602-606 Main Street
Palmerston North 4410





 PO Box 157, Palmerston North
Central, Palmerston North 4440
 manawatu@ MashTrust.org.nz
 www.MashTrust.org.nz

Provides support, advice on mental
health and addictions.



NZ AIDS Foundation Hotline/ Support Service

 0800 802 437 (24 hour line)
Provides information, advice, support
and counselling.

Public Health Primary Health Care Team

 (06) 355 0743
Fax (06) 355 0747
 Freephone 0800 153 042
 NZI House Corner Main Street and
The Square, Palmerston North
4410
 PO Box 924, Palmerston North
Central, Palmerston North 4440
Weekday afternoons 3pm-4pm. Free
female doctor Monday-Thursday
3.00pm-4.00pm. Free confidential
health service for young people 12-22
years. Advice, Assessment, information
and referrals for all health concerns.
No appointment necessary.


Public Health Primary Care Team – Feilding. Clevely House

 (06) 323 6658
 Clevely Health Centre
7 Duke Street, Feilding 4702
Service: Doctor & Nurse Clinic
Mon-Thurs 1:15pm – 2.30pm

Sex Therapy NZ

 0800 sextherapy (0800 739843)
 (06) 354 2449
 PO Box 1280, Palmerston North
Central, Palmerston North 4440
 www.sextherapy.co.nz

Sexual Health Services

 (06) 350 8608

CONTACTS

Private Bag 11036, Manawatu Mail Centre, Palmerston North 4442
Contact: Marama McGrath

Sexual Health Clinic

(06) 350 8602

Fax (06) 350 8609

Community Village, Palmerston North Hospital, Ruahine Street, Terrace End, Palmerston North 4410

PO Box 10009, Terrace End, Palmerston North 4441

STI testing, counselling, information and advice on all sexual health matters. Appointments necessary.

Te Runanga O Raukawa

(06) 356 4963

Fax (06) 355 7201

606 Main Street
Palmerston North 4410

PO Box 157, Palmerston North Central, Palmerston North 4440

They provide a range of services for - mother and baby support, cervical screening, immunization & social services. A Health and social services to iwi residing within boundary of Ngati Ruakawa – Ki Te Tonga & surrounding areas.

Te Whare Rapuora/ Maori Health Unit

(06) 350 8210

Gate 1, Palmerston North Hospital Heretaunga Street
Palmerston North 4414

PO Box 2056, Palmerston North Central, Palmerston North 4440

maorihu@midcentral.co.nz

Provides whanau accommodation. Provides support to patient and whanau/families. Provides cultural advice to MidCentral health staff.

Te Wakahuia Health & Wellbeing

(06) 357 3400

Fax (06) 357 3425

Highbury Shopping Centre
56 Pembroke Street, Highbury Shopping Centre, Highbury Palmerston North 4412

PO Box 4564, Manawatu Mail Centre, Palmerston North 4442

Whanau ora service. Tamariki Ora service. Immunisation outreach programme. Free breast screening & cervical screening.

The Pregnancy Centre

(06) 354 2273

3 Amesbury Street
Palmerston North 4410

PO Box 5533, Terrace End
Palmerston North 4441

Free information service, pregnancy tests and counselling. Anti & post natal groups for teenagers. Mon and Tues 9am–1pm, Wed and Thurs 1pm–5pm

Wellstop

(06) 356 9666

Fax (06) 356 9699

PO Box 420, Palmerston North Central, Palmerston North 4440

pnorth@wellstop.org.nz

www.wellstop.org.nz

Contact: Gerald Warner

Whaiora Trust (Maori Mental Health)

(06) 354 0670

PO Box 157, Palmerston North Central, Palmerston North 4440

Whakapai Hauora (Best Care)

(06) 353 6385

Fax (06) 353 1883

140-148 Maxwells Line, Awapuni
Palmerston North 4412

PO Box 1341, Palmerston North Central, Palmerston North 4440

bcwh@rangitaane.iwi.nz



www.whakapaihauora.maori.nz

Provides general medical services, sexual health services, and disability

CONTACTS

support services, social services, counselling and budgeting advice. Kaupapa Maori alcohol & Drug services. Open Monday-Friday from 9am to 5pm.

Women's Health Collective

 (06) 357 0314
 PO Box 4253, Manawatu Mail Centre
Palmerston North 4442

 pnwhc@xtra.co.nz

FREE services including health information, pregnancy tests, support, referral assistance and advocacy, cervical screening clinic for target women. Also subsidised counselling, and access to lower cost natural health therapists e.g. osteopath, hypnotherapist - for women and children.

Youth One Stop Shop

 (06) 355 5909 (direct line)
 7a Edgeware Road
Palmerston North 4410
 PO Box 575, Palmerston North
Central, Palmerston North 4440
 clinic@yoss.org.nz







FREE health services for young people aged 10-24 years of age. Sore toes, sore throats, sexual health and mental health:

Mon: 12pm- 5pm
Tues: 9am-11am, 3pm-5pm
Wed: 1pm-5pm
Thurs: 9am-11am, 12pm-3pm
Fri: 9am-1:30pm





No Doctor available Monday.

Education and Training




The Correspondence School

 04 473 6841
 Freephone 0800 65 99 88
 11 Portland Crescent, Thorndon
Wellington 6011
 Private Bag 39992 Wellington Mail
Centre Lower Hutt 5045
 www.correspondence.school.nz
 contact@correspondence.school.nz

Careers Service (Rapuara)

 (06) 3501130
 Freephone 0800 109901
 Level 5, Sun Alliance Building, Cnr
Rangitikei and Grey Street
Palmerston North 4410
 PO Box 646, Palmerston North
Central, Palmerston North 4440
Provides career information and advice. Help with writing job applications and C.V.'s




Literacy Feilding

 (06) 323 1256
 131 Manchester Square
Feilding 4702
 Literacy.feilding@xtra.co.nz
Literacy support available at no direct cost to the learner. Reading, writing, maths, computer use, learners drivers license, English for speakers of other languages.


Te Whare Akonga - Open Learning Centre

 (06) 357 7882
 5th floor McDonalds building,
Church Street
Palmerston North 4410
 openlearning@xtra.co.nz
Te Reo Maori, volunteer training, core programmes – drivers licence, volunteer training with literacy training, and more.



Palmerston North Community Truancy Prevention Scheme

 (06) 354 2692
 (027) 2413537
Fax (06) 354 2663
 PO Box 4371 Palmerston North
Aims to identify truants, causes of truancy and assist in overcoming truancy.




Ministry of Education, Group Special Education (formally Special Education Services)

 (06) 358 3026





CONTACTS

 Cnr Ferguson & Fitzherbert Street
Palmerston North 4410
 PO Box 1154 Palmerston North
Central, Palmerston North 4440
Provides services, guidance and support
for children and young people with
specialist educational and developmental
needs





SPELADD

 (06) 359 0495
 117 College Street, Awapuni,
Palmerston North 4412
 PO Box 1707, Palmerston North
Central, Palmerston North 4440
Provides education for people with
learning disabilities, ADD and dyslexia.
Provides advice resources, advocacy,
education and assessments.

Team Xtreme

 (06) 354 2929 phone and Fax
 54 Pascal Street
Palmerston North 4410
 PO Box 1050, Palmerston North
Central, Palmerston North 4440
 teamxtreme@maxnet.co.nz
Offers a range of life skill programmes to
schools that encompass the health
curriculum. One-on-one monitoring
program.

Tertiary Education Commission


 (06) 359 1940
Fax (06) 359 2484
 Farmers Mutual House
Level 6, The Square
Palmerston North 4410
 PO Box 1542, Palmerston North
Central, Palmerston North 4440
 www.tec.govt.nz
Provides youth training programmes and
lists of all providers.

Wellstop

 (06) 356 9666
Fax (06) 356 9699
 PO Box 420, Palmerston North
Central, Palmerston North 4440




 pnorth@wellstop.org.nz
 www.wellstop.org.nz
Contact: Gerald Warner

Whakatipuria – Teen Parent Unit

 (06) 353 5690
Offers education to teens 18 or
younger who are pregnant or have
children.

Secondary Schools





Awatapu College

 (06) 356 4817
 434 Botanical Road, West End
Palmerston North 4412
 execsec@awatapu.school.nz

Feilding High School

 (06) 323 4029
 Churcher Street, Feilding 4702

Freyberg High School

 (06) 358 4971
 Freyberg Street, Roslyn,
Palmerston North 4414
 office@freyberg.ac.nz
 www.freyberg-pn.school.nz

Highbury Whanau Centre Alternative Education Programme

 (06) 358 0504
 Monrad Park, Highbury Avenue,
Highbury, Palmerston North 4412
 PO Box 7163, Pioneer Highway
Palmerston North 4443
 highbury.whanau.centre@inspire.net.nz

Longburn Adventist College

 (06) 354 1059
 100 Walkers Road, R D 7
Palmerston North 4477
 PO Box 14001, Longburn
Palmerston North 4866
 info@lac.school.nz
 www.lac.school.nz

CONTACTS

Kelvin Grove Alternative Education Programme

☎ 06 353 1183 or 0274 163 471

💻 altd@inspire.co.nz

Contact: Bruce Kitchen

Manawatu Community High School

☎ (06) 357 2254

🏠 120 Savage Crescent, West End
Palmerston North 4412

💻 mchs@xtra.co.nz

Mana Tamariki

☎ (06) 356 4383

Fax (06) 354 9792

🏠 165 Grey Street
Palmerston North 4410

💻 MT@k09E55.kohanga.ac.nz

Palmerston North Boys High School

☎ (06) 354 5176

🏠 Featherston Street
Palmerston North 4410

📮 PO Box 4049, Manawatu Mail Centre
Palmerston North 4442

💻 admin@pnbhs.school.nz

💻 www.pnbhs.school.nz

Palmerston North Girls High School

☎ (06) 357 9194

🏠 Fitzherbert Avenue
Palmerston North 4410

💻 office@pnghs.school.nz

💻 www.pnghs.school.nz

Queen Elizabeth College

☎ (06) 358 9033

Fax (06) 3584156

🏠 Rangitikei Street
Palmerston North 4410

📮 PO Box 4047, Manawatu Mail Centre,
Palmerston North 4442

💻 jwood@qec.school.nz

💻 www.qec.school.nz

St Peters College

☎ (06) 354 4198

Fax (06) 3533161

🏠 Holdsworth Avenue, Milson
Palmerston North 4414

💻 admin@stpeterspn.school.nz

💻 www.stpeterspn.school.nz

Te Kura Kaupapa Maori o Manawatu

☎ (06) 354 2900

Fax (06) 353 0733

🏠 88 Rhodes Drive, Kelvin Grove
Palmerston North 4414

💻 tkkmom@tkkmom.ac.nz

Tertiary Institutions

International Pacific College

☎ 0800 367 472

🏠 57 Aoukautere Drive, Fitzherbert
Palmerston North 4410

📮 Private Bag 11021, Manawatu Mail
Centre, Palmerston North 4442

💻 info@ipc.ac.nz

Massey University (Turitea Campus)

☎ (06) 356 9099

🏠 State Highway 57, R D 4
Palmerston North 4474

📮 Private Bag 11222, Manawatu Mail
Centre, Palmerston North 4442

Massey University Students Association (MUSA)

☎ (06) 350 4500

🏠 Turitea Campus

📮 Private Bag 11222, Manawatu Mail
Centre, Palmerston North 4442

💻 www.musa.org.nz

Te Wananga O Aotearoa

☎ (06) 355 3381

☎ 0800 355 553

Fax (06) 355 3386

🏠 142 Botanical Road, Takaro,
Palmerston North 4412

💻 www.twoa.ac.nz

UCOL

☎ (06) 952 7000 or 0800 GO UCOL

CONTACTS



 King Street
Palmerston North 4410
 Private Bag 11022, Manawatu Mail
Centre, Palmerston North 4442
 inquire@ucol.ac.nz
 www.ucol.ac.nz

Youth Training Programmes



Agriculture NZ

 (06) 353 8711
 0275 910 499
 42B Bennett Street, Cloverlea
Palmerston North 4412
 jhutching@pggwrightson.co.nz
Skill development to get employment
and qualifications in the farming sector

Courtesy Ford

 (06) 357 3869
 391 Rangitikei Street
Palmerston North 4410
Contact: Scott Donald, Training Manager





Dive Sport & Outdoor Recreation

 (06) 353 5555
 PO Box 1739, Palmerston North
Central, Palmerston North 4440




G & H Training Agriculture NZ

 (06) 356 8922
 91 Keith Street, Roslyn
Palmerston North 4414
 admin@ghtraining.co.nz
Carpentry, Joinery and Engineering:
Pre-apprenticeship skills training

Horizon Education



 (06) 357 0138
 83-87 Rangitikei Street
Palmerston North
 PO Box 1561, Palmerston North
Central, Palmerston North 4440
 jenni@horizoneducation.co.nz
A pre-employment programme preparing
you for the workplace. Based around a
Level 1 National Certificate. Not specific
to any one industry.

Land Based Training Limited





 (06) 325 8773
 Cnr Main & Botanical (opposite
Shell Service Station)
 djhzlitt@xtra.co.nz
 www.landbased.net

Mixed Employment / Farm Skills: Work
focused training with work experience
and work placement




Mara Marketing Limited

 (06) 357 3869
 391 Rangitikei Street,
Palmerston North 4410 (down
driveway beside motorcycle dealer)
National Certificate for entry into
Automotive Trades: Good entry into
the auto industry with the possibility of
the top trainee gaining an
apprenticeship with the organisation





Palmerston North School of Design

 (06) 358 0188
 Level 1 The Commercial Building
12 The Square
Palmerston North 4410
 PO Box 642 Palmerston North
 info@pnsd.ac.nz
Contact: Michael Saywell, Managing
Director

Te Kokiri Training

 (06) 354 2611
 18 Malden Street, Roslyn
Palmerston North 4414
 tekokiripn@xtra.co.nz
Trade Skills: Elementary Building /
Light Engineering: pre-apprenticeship
skills training in the building and
engineering fields

Te Manawa Services

 (06) 323 8330
Fax (06) 323 9330
 Corner Stafford and Fergusson
Streets, Feilding 4702
 PO Box 368, Feilding 4740
 office@temanawa.org.nz

CONTACTS

Youth and Parenting Programmes available.

Trade & Commerce Centre Limited

☎ (06) 350 0942

🏠 255-259 Main Street
Palmerston North 4410

Start developing skills in the auto industry prior to possibly getting into an apprenticeship

Training for You Limited

☎ (06) 348 1638

🏠 148 Ingestre Street
Wanganui 4500

Contact: Brett Field
Horse Skills: training within the equine industry

Timaru Fishing School

☎ (03) 684 8663

☎ Freephone 0800 22 33 87

Wanganui YMCA Inc

☎ (06) 349 0197

Fax (06) 348 9920

🏠 9 Park Place, Wanganui 4500
📧 PO Box 622, Wanganui Mail Centre
Wanganui 4540

📧 ymca@ymcawanganui.org.nz

📧 www.ymca.org.nz

Development of literacy skills

Palmerston North YMCA Inc

☎ (06) 358 8921

🏠 148 Park Road, West End Palmerston North 4410

Young Parents Programme: training and development education

Employment

Action Personal Consultants

☎ (06) 355 4354

🏠 1st Floor, 575A Main Street
Palmerston North 4410

📧 PO Box 1465, Palmerston North
Central, Palmerston North 4440

📧 office@actionpersonnel.co.nz

📧 www.actionpersonnel.co.nz

Opening hours are Monday to Friday from 8.00am to 5.00pm.

Adecco – Palmerston North Branch

☎ (06) 357 2020

Fax (06) 952 3339

🏠 Level 4, BNZ House, Corner
The Square and Rangitikei Street
Palmerston North 4410

📧 palmerston@adecco.co.nz

📧 www.adecco.co.nz

Open from 8.30am-5.00pm Monday – Friday.

Allied Work Force

☎ (06) 0800 522 687

🏠 589E Tremaine Avenue
Palmerston North 4410

📧 www.0800labour.co.nz

📧 awf@0800labour.co.nz

Opening hours are Monday to Friday from 6.15am to 5.30pm

Coverstaff

☎ (06) 353 8002

☎ (06) 353 8004

🏠 1st Floor, Corner Princess and Main
Street, Palmerston North 4410

📧 Jonathan.ives@coverstaff.net.nz

Open Monday to Friday.

Ethnic Centre

☎ (06) 358 1572

☎ (06) 358 1572

🏠 292A Church Street (Rear of
building) Palmerston North 4410




📧 PO Box 2031, Palmerston North
Central, Palmerston North 4440

📧 info@ecmpn.org.nz




We provide Employment support, Settlement support (coordinator – Christine Mukabalinda), Language assistance also Cultural events and activities. Open from 10am-4pm Monday – Friday.

CONTACTS

EVP (Innovate People Management)

 (06) 357 5720
 1st Floor, 62 Princess Street
Palmerston North 4410
 www.evpmanawatu.co.nz

Onsite Employment Agency Limited

 (06) 357 5720
 1st Floor, 62 Princess Street
Palmerston North 4410
 PO Box 12109, Inner City Palmerston
North 4444

Opening hours are Monday to Friday
from 8.00am to 5.30pm.

PAC Resources

 (06) 353 7612
 102A Broadway Avenue, Palmerston
North 4410
 pacresources@extra.co.nz

Opening hours are Monday to Friday
from 9.00am to 4.30pm.

Contact: Fred Asalemo, Managing
Director Specialists in helping people to
re-enter into the workforce after long
term unemployment.

PN Personnel – Recruitment Specialists

 (06) 356 6091
Fax (06) 356 6071
 First Floor, 53 Princess Street
Palmerston North 4410
 PO Box 594, Palmerston North
Central, Palmerston North 4440
 recruitment@pnpersonnel.co.nz
 www.pnpersonnel.co.nz



Opening hours are Monday to Friday
from 8.00am to 5.00pm.

Recruitment Plus Limited

 (06) 357 4212
Fax (06) 354 1803
 74 Grey Street, Palmerston North
4410
 PO Box 5026, Terrace End
Palmerston North 4441
 mail@recruitmentplus.co.nz
 www.recruitmentplus.co.nz

Open from 8am-5pm on weekdays.

Sterling HR Outsourcing

 (06) 359 0024
Fax (06) 359 0025
 Top Floor, 55 The Square
Palmerston North 4410
 PO Box 1509, Palmerston North
Central, Palmerston North 4440
 hr@sterling.co.nz
 www.sterling.co.nz

Open from 9am-5pm Monday – Friday.

START Youth Transition Service

 (06) 355 5143
Fax (06) 355 5159
 Corner Andrew Young & Cuba
Streets, Palmerston North 4410
 PO Box 2074, Palmerston North
Central, Palmerston North 4440
 info@startme.org.nz
 www.startme.org.nz






Provides assistance in furthering
education, training, and obtaining
employment.

Student Job Search

 (06) 358 2828
 Level 1, MUSA Building, Massey
Turitea Campas, Palmerston North
4474
 job.manawatu@sjs.co.nz
 www.sjs.co.nz

Open hours: Mon, Tues, Thurs & Fri
9am-4.30pm, Weds, 9.30am-4.30pm.

Workbridge Incorporated


 (06) 952 5640
 (0508) 858 858 (freephone)
Fax (06) 952 5649
 28-32 Queen Street
Palmerston North 4410
 PO Box 4453, Manawatu Mail
Centre, Palmerston North 4442
 www.workbridge.co.nz

Workbridge helps a wide range of
people every day. Every year we find
3,500 jobs for people with disabilities.

CONTACTS

Opening hours are between 8.30am – 4.00pm weekdays.

WorkSmart

 027 555 8013

 work.smartnz@xtra.co.nz

Work skills and Confidence building for individuals who require assistance to obtain employment skills.

Contact: Liz Mitchell

Government Contacts

Department of Corrections

 www.corrections.govt.nz

Department of Social Welfare

 www.dsw.govt.nz


Ministry of Education


 www.education.govt.nz

Ministry of Health


 www.moh.govt.nz


Department of Internal Affairs – Local Government and Community Branch

 0800 257 887

 (06) 355 8088

Fax (06) 355 8084

 Cnr Main Street & The Square
Palmerston North 4410

 PO Box 247, Palmerston North
Central, Palmerston North 4440

 pnlgc@dia.govt.nz

 www.dia.govt.nz

Community funding and advice

Ministry of Justice

 www.justice.govt.nz

Ministry of Youth Development


 www.myd.govt.nz

Work and Income New Zealand - WINZ

 www.winz.govt.nz


Legal Services and Advice

Citizens Advice Bureau

 (06) 357 0647 or 0800 FOR CAB

Fax (06) 357 9273


 55 Pitt Street, Palmerston North
Central, Palmerston North 4410


 PO Box 1206, Palmerston North
Central, Palmerston North 4440


 www.cab.org.nz

 cab.palmn@xtra.co.nz


Manawatu Community Law Centre

 (06) 356 7974

 3567952 fax

 14-18 The Square
2nd floor (above DTR)


Palmerston North 4410


 PO Box 2088, Palmerston North
Central, Palmerston North 4440

 mancomlaw@xtra.co.nz

Provides legal information, education, assistance & advice.


Te Whare Akonga - Opening Learning Centre

 (06) 357 7882


 McDonalds buildings
1st Floor, Church Street
Palmerston North 4410

Support for families affected by the justice system.

Police Youth Aid


 (06) 351 3871


 NZ Police Station, Church Street
Palmerston North 4410

 Private Bag 11040, Manawatu Mail
Centre, Palmerston North 4442



 manawatu.yot@vodafone.net.nz

Prisoners Aid and Rehabilitation Society (PARS)



 (06) 357 9218

 Coronation House
110 Broadway Avenue
Palmerston North 4410

CONTACTS




 PO Box 1063, Palmerston North
Central, Palmerston North 4440
 manawatupars@xtra.co.nz
Helps with advocacy and general
inquiries

Lower North Youth Justice Residential Centre




 (06) 952 5680
 19 Mohaka Place, Kelvin Grove
Palmerston North 4441

Local Government Services & Other Places That Help




Corrections Department of Community Probation Services

 (06) 350 9600
Fax (06) 350 9601
 396 Church Street
Palmerston North 4410
 PO Box 1940 Palmerston North
Central, Palmerston North 4440




I-site Palmerston North Visitors' Centre



 (06) 354 6593
Fax (06) 350 1929
 The Square, Palmerston North 4410
 PO Box 12005, Inner City
Palmerston North 4444

Green Bike Trust




 (06) 356 9099 extn 7105
 Turitea Campus
Massey University (old boiler house)
Palmerston North 4474
 PO Box 1905, Palmerston North
Central, Palmerston North 4440

Mental Health Foundation



 (09) 300 7010
Fax (09) 300 7020
 81 New North Road
Eden Terrace Auckland 1021
 PO Box 10051, Dominion Road
Auckland 1446

 www.mentalhealth.org.nz
 resource@mentalhealth.org.nz
Provides resources and information on
mental health issues







MidCentral Public Health Unit

 (06) 350 9110
 Community Village, Palmerston
North Hospital
Ruahine Street, Terrace End
Palmerston North 4410
 PO Box 2056, Palmerston North
Central, Palmerston North 4440





National Youth Workers Network

 (04) 802 5607
 www.youthworkers.net.nz




New Zealand Aotearoa Adolescent Health & Development

 (04) 382 9944
Fax (04) 384 4003
 PO Box 27326, Marion Square
Wellington 6141
 Level 5 – Education House
178 Willis Street, Te Aro
Wellington 6011
 admin@nzaahd.org.nz
 www.nzaahd.org.nz
 <http://www.youthweek.co.nz>


Palmerston North Community Arts

 (06) 353 2800
 Room 107 Square Edge
47 The Square
Palmerston North 4410
 PO Box 1478, Palmerston North
Central, Palmerston North 4440
 info@ca.org.nz




Palmerston North City Council

 (06) 356 8199
 The Square, Palmerston North
4410
 www.pncc.govt.nz

Sport Manawatu

 (06) 357 5349

CONTACTS

 50 Queen Street
Palmerston North 4410
 PO Box 797, Palmerston North
Central, Palmerston North 4440
 info@sportmanawatu.org.nz

Wellstop




 (06) 356 9666
Fax (06) 356 9699
 PO Box 420, Palmerston North
Central, Palmerston North 4440
 pnorth@wellstop.org.nz
 www.wellstop.org.nz
Contact: Gerald Warner

Youthlaw - Tino Rangatiratanga Taitamariki

 (09) 309 6967
(010 to call collect)
Fax (09) 307 5243
 PO Box 7657, Wellesley Street
Auckland 1141
 info@youthlaw.co.nz
 www.youthlaw.co.nz




A community law centre for young people (<25 years) living anywhere in New Zealand. Offers free legal advice, advocacy and support

Work and Income New Zealand

 0800 559 009 Inquiries
 0800 551 001 Appointment
 Main Street East
Palmerston North 4410



Maori Organisations

Maori Womens Refuge




 (06) 355 0626
 (06) 356 5585 after hours
 PO Box 573, Palmerston North
Central, Palmerston North 4440
Support for women against abusive partners.

Te Whare Akonga - Open Learning Centre




(06) 357 7882

 (06) 359 0119 after hours
 McDonalds buildings
1st Floor, Church Street
Palmerston North 4410
Support for families affected by the justice system.

Oranga Hinengaro (Maori Mental Health Team)

 (06) 350 9155
Fax (06) 350 8024
 Totara House, Community Village,
Palmerston North Hospital, Terrace
End, Palmerston North 4410
 PO Box 2056, Palmerston North
Central, Palmerston North 4440
Cultural, clinical, and safe mental health service for Maori.



Te Runanga O Raukawa

 (06) 356 4963
Fax (06) 355 7201
 606 Main Street
Palmerston North 4410
 PO Box 157, Palmerston North
Central, Palmerston North 4440
Provides a range of services for mother and baby, young mother support, cervical screening, immunisation and social services.

Te Wakahuia Health & Wellbeing

 (06) 357 3400
Fax (06) 357 3425
 Highbury Shopping Centre,
Highbury, Palmerston North 4412
 PO Box 4564, Manawatu Mail
Centre, Palmerston North 4442
Whanau ora service. Tamariki Ora service. Immunisation outreach programme. Free breast screening & cervical screening.

Whaiora Trust (Maori Mental Health)

 (06) 354 0670
 PO Box 157 Palmerston North
Central, Palmerston North 4440

CONTACTS

Whakapai Hauora (Best Care)

☎ (06) 353 6385

Fax (06) 353 1883

🏠 140-148 Maxwells Line, Awapuni
Palmerston North 4412

📧 PO Box 1341, Palmerston North
Central, Palmerston North 4440

💻 bcwh@rangitaane.iwi.nz

💻 www.whakapaihauora.maori.nz

Provides general medical services, sexual health services, and disability support services, social services, counselling and budgeting advice.

Kaupapa Maori alcohol & Drug services.

Open Monday-Friday from 9am to 5pm.

Pacific Peoples and Other Ethnic Groups

Cook Island Christian Youth Group

☎ (06) 359 2671

☎ 027 716 2421

🏠 4 Chelmarsh Place, Highbury
Palmerston North 4412

💻 cookislanshome@hotmail.com

💻 sumaringagirl@hotmail.com

Contact: Chris Rahui (President) or
Mahara Tiatoa (Secretary)

Ethnic Centre

☎ (06) 358 1572

☎ (06) 358 1572

🏠 292A Church Street (Rear of
building) Palmerston North 4410

📧 PO Box 2031, Palmerston North
Central, Palmerston North 4440

💻 info@ecmpn.org.nz

We provide Employment support,
Settlement support (coordinator –
Christine Mukabalinda), Language
assistance also Cultural events and
activities. Open from 10am-4pm Monday
– Friday.

Lalanga Mo'ui Early Childhood Centre / Tongan Group

☎ (06) 353 8308

Fax (06) 353 8309

🏠 73 Vogel Street, Roslyn
Palmerston North 4414

Contact: Taivei Tu'imana (Supervisor)

Taivei is a representative for the
Tongan community. She manages the
pre-school on Vogel Street, however
also offers an after school homework
service on Mondays, Tuesdays, and
Thursdays from 3 to 5pm. This service
is for students between the ages of 5
and 18. A holiday program is also
offered for the first week of the school
holidays where the Tongan culture,
language, and dances are taught.

MidCentral Pasifika Health Development

☎ (06) 350 8981

Fax (06) 350 8926

📧 PO Box 2056, Heretaunga Street,
Palmerston North Central
Palmerston North 4440

💻 Helen.talamaivao@midcentral.co.nz

Contact: Helen Talamaivao (Pacific
Island Portfolio Manager)

A supportive and advisory group for PI
people focusing on health issues.

Monthly meetings are held on
Thursdays at 5.30pm. Contact Helen
to obtain further information.

Niuean Community Group

☎ (06) 358 2474

💻 va.igatia@xtra.co.nz

A small support group offering mental,
emotional, financial, and spiritual help
within the Niuean community.

P.A.C.I.F.I.C.A Inc

☎ (06) 357 8914

Contact: Makerita Saman Auta

A national organisation for Pacific
Island Women but open to all.

Budgeting, moral support, advice,
encouragement, welcome to
Manawatu.

CONTACTS

Pacific Pride Educators Group

☎ (06) 354 8945

Fax (06) 353 7249

🏠 39 Havelock Avenue, Highbury
Palmerston North 4412

💻 tianafauolo@hotmail.com

Contact: Tiana Fauolo (Chairperson)

We focus on education development within the Pacific Island community in the Manawatu and Horowhenua region.

We harness effective policies for PI Youth, promoting Pasifika fusion within local High schools. We meet once a month on a Monday at 5.30pm.

Tokelauan Community

☎ (06) 350 5600 (work)

☎ (06) 356 2555 (home)

💻 S.L.hawira-seanoa@massey.ac.nz

Contact: Sharon Hawira-Seanoa

A small community group providing support to the Tokelauan community.

Meetings are held monthly at the Awapuni Park Community and Recreation Centre hall.

Samoan Church Groups

Ekalesia Fa'apotopotoga Kersiano Samoa also known as Congregational Christian Church of Samoa

🏠 39 Havelock Avenue, Westbrook,
Palmerston North 4412

Contact: Liseema Leauga

This church's emphasis is on enforcing the Samoan culture, language and values upon the young people and it is open for anyone in the community. They have a very strong youth group which runs activities like sports, bible studies etc every Friday evenings.

Samoan Methodist Church Group

☎ (06) 952 6234

🏠 434-464 Main Street
Palmerston North 4410

💻 Florence.Tauli@justice.govt.nz

Contact: Florence Tauli (Youth Leader)

This youth group meets on Fridays to socialize and play sport. They also meet to perform Samoan dances, in line with Church gatherings. Meetings are held at the Church on the corner of Fergusson and Botanical Road, Palmerston North.

Samoan Assembly of God Youth Leaders

☎ (06) 355 2118

🏠 175 Vogel Street, Roslyn
Palmerston North 4414

Contact: Fata & Fofoa Ma'ilo

This group is very supportive of their members and young people. They love music and playing in their youth band. They also have activities like playing sport on Fridays at their church at Vogel Street. There are approximately 10 youth in this group and seems like they are doing well at High Schools.

Seventh Day Adventist Church Group

☎ (06) 357 4317

☎ 021 0239 9690

💻 lease410@hotmail.com

Contact: Lisa Korenhof (Youth Leader)

This youth group has a very strong identity with Christ and run activities such as volleyball, music, and bible studies. Emphasis is to assist and support young people, and meet every week on Fridays at the church on the Fergusson Street, Palmerston North.

Voice of Christ Church

☎ 027 257 3593

🏠 6 Charwell Place, Highbury,
Palmerston North 4412

Contact: Pastors Ne'emia & Matalena

This group has a youth band. They get together on Wednesdays to practice Samoan dances and they also play sports on Fridays. There are 11 youth members and majority are 20+ years.

CONTACTS

Tongan Church Groups

Siasi Tonga Tau'ataina Alo also known as Free Church of Tonga

☎ (06) 353 8308 (Work)

☎ 027 359 3190

🏠 73 Vogel Street, Rosyln
Palmerston North 4414

Contact: Apolonia and Peni Matafahi
This group usually meets once a month on Sundays to plan and discuss programs for the youth. The programs include sport day at the park, bible studies, fundraising towards church. Ages range from 16 – 35 years old and whoever is not married is considered being part of the youth. There are 15 members and the majority of them are older. The church is located on Crew Crescent where most activities are held

Siasi Uesiliana Melie-mei-langi also known as Tongan Free Wesleyan Church (East)

☎ (06) 357 4456

📧 anamuli@hotmail.com

Contact: Ana & Hatisoni Muli, Youth Leaders

This youth group gathers once a month on Fridays to enjoy barbeques, sports, bible studies, and learning music. They also have fundraising events where they perform Tongan dances and have kava parties to assist with Church expense. The age range is from 20+ years. This Church is located on Vogel Street.

Siasi Uesiliana fakaongoongo ki Tonga also known as Tongan Free Wesleyan Church West

🏠 55 Shamrock Street, Highbury
Palmerston North 4412

Contact: Willy Tanginoa

This youth group has similarities with Tongan Free Wesleyan Churches because it is the same church, but with different denominations. This group meets on Friday evenings to play sport,

and also has a band. Meetings are held at the Church in College Street.

Siasi Tonga Metotisi also known as the Tongan Methodist Church

☎ (06) 355 2872

Contact: Tilisi Tongatu'a, Youth Leader
This group supports one another spiritually, mentally, emotionally, and physically. Meetings are held at the Church on Broadway Avenue.

Tokaikolo Church

Contact: Rose Kavapalu, Youth Leader
This group supports one another spiritually, mentally, emotionally, and physically and meets on Fridays to learn action songs, skits, bible studies, Tongan dances etc. Most members are still at High School and consist of 13 youth members.

Parenting

A Secure Base

☎ (06) 357 9163

Fax (06) 357 9164

🏠 39 Cuba Street

Palmerston North 4410

Professionals in Parent and Child Attachment & Healthy Human Development

Hours: 9.00am – 5.00pm (Mon-Fri)

Barnardos NZ Family Support Service

☎ (06) 358 9429

Fax (06) 359 1922

📧 160 Grey Street

Palmerston North 4410

📧 PO Box 9022, Terrace End

Palmerston North 4441


📧 Elizabeth.Holder@barnardos.org.nz

📧 Monique.Green@barnardos.org.nz


Provides family daycare, family support services, supervised access service and parenting courses.


CONTACTS

Open Home Foundation

 (06) 358 4024

Fax (06) 3553423


 5th Floor, BNZ, Corner
The Square and Rangitikei Street
Palmerston North 4410


 PO Box 1710, Palmerston North
Central, Palmerston North 4440


 ohfman@xtra.co.nz


A child and family support service working with families under stress. It also provides foster care.

Parentline Manawatu

 (06) 355 1655

 0800 4 family


 Level 2 Westside Chambers
151 The Square
Palmerston North 4410

 PO Box 2014, Palmerston North
Central, Palmerston North 4440


 parentline.manawatu@xtra.co.nz

Provides a telephone listening service, individual counselling for parents and education programmes, fathers to sons, family and factor.

Parent to Parent Manawatu

 (06) 355 0787


Fax (06) 354 7521


 PO Box 5010, Terrace End
Palmerston North

 manawatu@parent2parent.org.nz

Information and support for parents of young people with special needs.


Palmerston North YMCA Inc

 (06) 358 8921


 148 Park Road, West End
Palmerston North 4410


Young Parents Programme: training and development education

Te Manawa Services

 (06) 323 8330

Fax (06) 323 9330


 Corner Stafford and Fergusson
Streets, Feilding 4702

 PO Box 368, Feilding 4740

 office@temanawa.org.nz

Youth and Parenting Programmes available.


Whakatipuria – Teen Parent Unit


 (06) 353 5690


Offers education to teens 18 or younger who are pregnant or have children.

Youth Organisations

All Saints Youth

 (06) 358 2203

 The Square (Next to Square Edge)
Palmerston North 4410

 PO Box 549, Palmerston North
Central, Palmerston North 4440

 allsaintspn@xtra.co.nz

 www.allsaintspn.com


Youth Church times are:


Form 1-4 Sundays at 10.00am,


Form 5-7 Wednesday 7-9pm.


Youth and Young Adult Church Service
– Sundays 7pm.


Canteen

 (06) 355 5052

 0800 226 8336


 51 Waldegrave Street
Palmerston North 4410

 PO Box 479, Palmerston North
Central, Palmerston North 4440


 manawatu@canteen.org.nz


 www.canteen.org.nz

Creative Sounds (The Stomach)

 (06) 359 0120

Fax (06) 353 5171

 84 Lombard Street
Palmerston North 4410

 PO Box 586, Palmerston North
Central, Palmerston North 4440


 admin@creativesounds.org.nz

 www.creativesounds.org.nz



Helps young people build self esteem and worth through music and performance

CONTACTS



Highbury Whanau Centre

 (06) 358 0504
 Monrad Park, Highbury Avenue
Highbury, Palmerston North 4412
 PO Box 7163, Pioneer Highway
Palmerston North 4443
 highbury.whanau.centre@inspire.net.nz

Kelvin Grove Alternative Education Programme

 06 353 1183 or 0274 163 471
 altd@inspire.co.nz
Contact: Bruce Kitchen

Presbyterian Church



 339 Albert Street, Hokowhitu
Palmerston North 4410
 office@stalbans.org.nz
Stage Door Youth Group, Yr 7-13
Students, and Young Adults Group 18-25
years.

Skylight

 0800 299 100
 (04) 939 4759
 2nd Floor, National Bank Building
(Entrance on the corner of Green and
Riddiford Streets) Newtown
Wellington South 6021
 PO Box 7309, Newtown
Wellington 6242
 rs@skylight-trust.org.nz
 www.skylight.org.nz

Helping children and young people deal
with change, loss, grief, suicide and
relationship dissolution.

Soul For Real

 174-178 Church Street
Palmerston North 4410
 PO Box 710, Palmerston North
Central, Palmerston North 4440
 pncf@xtra.co.nz
Wednesday night youth meeting, band,
activities, ministry.

START Youth Transition Service

 (06) 355 5143
Fax (06) 355 5159
 Corner Andrew Young & Cuba
Streets Palmerston North
 PO Box 2074, Palmerston North
Central, Palmerston North 4440
 info@startme.org.nz
 www.startme.org.nz

Provides assistance in furthering
education, training, and obtaining
employment.

UCOL Christian Chaplaincy

 (06) 952 7001 Extn 70126
 Student Association Building
159 Queen Street
Palmerston North 4410
 C/- AS@UCOL 159 Queen Street
Palmerston North 4410
 a.chrisp@ucol.ac.nz

Provide emotional and spiritual support
to UCOL staff and students. Including
grief support, advocacy, mentoring,
info on local churches, or simply to be
a listening ear for people.

Chaplaincy Services Massey University

 (06) 350 5597
 0272 549 574 Julia Budd
 Chaplaincy Centre Turitea Campus
 Chaplaincy Centre Massey
University Palmerston North
 J.M.Budd@massey.ac.nz

We offer emotional and spiritual
support to students and staff, including
grief support, advocacy, mentoring,
info on local churches, or simply to
provide a listening ear.



YMCA

 (06) 358 8921
 148 Park Road, West End
Palmerston North 4410
 PO Box 1659, Palmerston North
Central, Palmerston North 4440




CONTACTS

Provides recreational programmes for 0-17 years. Also offers a youth leadership programme






YMCA Youth Corp

 (06) 356 4865
 234 Church Street
Palmerston North 4410

Youth Action – Newlife Church





 (06) 356 2525
 590 Featherston Street
Palmerston North 4410
 PO Box 1031, Palmerston North
Central, Palmerston North 4440

Youth One Stop Shop

 (06) 355 5906
 7 Edgware Road, Palmerston North
4410
 PO Box 575, Palmerston North
Central, Palmerston North 4440
 info@yoss.org.nz
 www.yoss.org.nz

Provide information, advice, counselling, support, education and recreation programmes for young people aged 9 to 25.

Youthline





 0800 376 633
 3 Amesbury Street
Palmerston North 4410
 PO Box 575, Palmerston North
 youthline@inspire.net.nz
Telephone crisis line

Youth/Health Organisations around New Zealand

Abel Tasman Educational Trust

 (03) 528 8535
Fax (03) 528 8066
 Main Road, Riwaka Valley Road
R D 3, Motueka 7198
 PO Box 176, Motueka 7143
 admin@atet.org.nz

Café for Youth Health – Taupo

 (07) 378 3895
Fax (07) 378 3890
 Wairoa House, 129 Spa Road
Taupo 3330
 PO Box 1356, Taupo 3351
 info@youthcafetaupo.org.nz
Clinic times Mon, Tues, Thurs 12 – 4pm, Weds, 12-5.30pm, Fri, 11-3pm.
We provide Sexual and reproductive promotion/ education and clinical services also Health promotion services for 5-20 years old.



Centre for Youth Health

 (09) 261 2272
Fax (09) 261 2273
 95 Wiri Station Rd, Manakau.
Auckland 2104
 Private bag 93311, Otahuhu
Auckland 1640
 healthinfo@middlemore.co.nz
 cfyh@middlemore.co.nz





Career Connexions Tairāwhiti Limited

 (06) 867 3288
Fax (06) 867 3290
 60 Peel Street, Gisborne
 info@careerconx.co.nz
 www.careerconx.co.nz
 info@ytsgisborne.org.nz
 www.ytsgisborne.org.nz

Directions Youth Health Centre

 (06) 870 8499
 405 St Aubyn Street East
Hastings 4122
Free medical/health care for 10 to 24 year olds.

Evolve Youth Service – Wellington





 (04) 801 9150
Fax (04) 801 9157
 5 Eva Street, Te Aro
Wellington 6011
 PO Box 9076, Marion Square
Wellington 6141
 www.evolveyouth.org.nz

CONTACTS

Golden Bay Work Centre

 (03) 525 8099
 Fax (03) 525 8051
 Commercial Street, Takaka 7110
 PO Box 156, Takaka 7142
 alli@gbwct.org.nz

Job Track Nelson

 (03) 544 2499
 Fax (03) 544 1052
 Salisbury Road, Richmond
Nelson 7020
 bk@waimea.school.nz




Nelson Tasman Connections

 (03) 546 2446
 337 Hardy Street, Nelson 7010
 Private Bag 19, Nelson Mail Centre
Nelson 7042
 connections@nmit.ac.nz
Part of the Nelson Tasman Youth
Transition Service.

New Hub Nelson

 (03) 548 0103
 Fax (03) 546 8619
 23 New Street, Nelson 7010
 PO Box 997, Nelson 7040
 nelsonhub@xtra.co.nz



Ngati Hine Health Trust

 (09) 404 1551
 (0800) 737 573
 2-4 Rayner Street, Kawakawa
Northland

Partners Porirua



 (04) 237 1093
 Fax (04) 237 6356
 The Employment Hub
6 Hagley Street, Porirua 5022
 info@partnersporirua.org.nz

Porirua City Council





 (04) 237 3814
 The Employment Hub
6 Hagley Street, Porirua 5022

 info@partnersporirua.org.nz

Pasifika Health Care – Henderson, Auckland

 (09) 837 1780
 199 Lincoln Road, Henderson
Auckland 0610




People Potential Limited

 (09) 438 0765
 (0800) 4 987 987 (0800 YTS YTS)
 Fax (09) 438 0267
 6 Bank Street, Whangarei 0110

Porirua City Council – YTS Coordinator

 (04) 237 4523
 Tutu Place (in the Achievement
Porirua Building), Elsdon
Porirua 5022
 PO Box 50299, Porirua 5240
 youth1@xtra.co.nz



Pulse Marketing Limited

 (06) 868 4038
 Fax (06) 868 4037
 60 Peel Street, Gisborne 4010

Public Health South – Dunedin

 (03) 474 1700
 57 Hanover Street, Dunedin 9016

Richmond NZ Inc – Youth Services

 (09) 636 9524
 239 Onehunga Mall, Onehunga
Auckland 1061

Rotovagas Youth Health – Rotorua

 (07) 343 1013
 Fax (07) 349 3492
 1066 Hinemoa Street, Rotorua
3010
 PO Box 801, Rotorua 3040
 reception@rotovagasyouthhealth.org.nz




Open between 11.30am and 4.00pm.

CONTACTS

Safer Communities Marlborough

 (03) 577 5370
 19 Kinross Street, Marlborough
 sc.marl@xtra.co.nz


SEEK - Kaikoura

 (03) 909 9296
 3/78 Beach Road, Kaikoura 7300
 kaikouraseek@xtra.co.nz

Soloman Group Education & Training Academy

 (09) 267 5200
 (0800) MYTS 4U (0800 6987 48)
Fax  (09) 268 9230
 236 Great South Road, Manurewa
Manukau 2102
 PO Box 75239, Manurewa
Manukau 2243
 Manukau Youth Transition Service



South Canterbury Youth Health Clinic – Timaru

 (03) 684 1545




Tai FM

 (09) 408 3987
Fax  (09) 408 3069
 Level 2, 1 Melba Street
Kaitaia, Northland 0410




Tararua Community Youth Services

 PO Box 18, Dannevirke 4942
 25 Allardice Street
Dannevirke 4930




Te Ahurei a Rangatahi – Waikato

 (07) 838 3013
 1st Floor, 44 Bryce Street
Hamilton 3204
 PO Box 628, Waikato Mail Centre
Hamilton 3240




Te Taiwhenua o Heretaunga – Napier

 (06) 835 8374
 Civic Court, Napier
 PO Box 718, Hastings 4156




Te Taiwhenua o Heretaunga – Hastings

 (06) 870 4712
 302 Eastbourne Street, Hastings
 PO Box 718, Hastings 4156





Te Taiwhenua o Heretaunga – Hastings

 (06) 870 4712
 302 Eastbourne Street
Hastings 4122
 PO Box 718, Hastings 4156



The Learning Shop

 (04) 237 7422
 7 Serlby Place, Porirua 5022
 thelearningshop@xtra.co.nz




Te Wairariki Purea Trust

 021 686 981 – Joseph
 021 686 907 – Mark
 joseph@twptnz.org
 markv@twptnz.org




The Pulse – Whangarei

 (09) 438 0004
 PO Box 1136, Whangarei 0140
Opening hours: 8:30am- 4:30pm
Monday-Friday.




Toi Te Ora Public Health – Whakatane

 (07) 306 0727
 Bay of Plenty DHB Whakatane
 PO Box 241, Whakatane 3158


Tui Ora Limited

 (06) 769 6583
 0508 4 YOUTH (0508 4 96884)
 Level 1 Devon Centre, 44 Lizardet
Street, New Plymouth 4310


Vibe Lower Hutt

 (04) 566 0525
Fax  (04) 586 2054
 12 Daly Street, Lower Hutt 5010

Vibe Upper Hutt

 (04) 528 6261




CONTACTS

Fax (04) 586 2054
 2 Sinclair Street, Ebdentown
Upper Hutt 5018

Waikato District Youth Transition Services

 (07) 824 5101
 (0800) 78 77 33 (0800 SUSSED)
Fax (07) 824 5150
 Ngaruawahia Community House
13 Galileo Street
Ngaruawahia 3720
 PO Box 165, Ngaruawahia 3742
 info@whaimarama.co.nz

Wairarapa Workforce Development Trust

 (06) 370 4403
 316 Queen Street, Masterton 5810
 yts@wairarapaworkforce.org.nz



Whai Marama Youth Connex - Waikato

 (07) 838 2558
 (0800) 787 733
Fax (07) 838 2554
 236a Anglesea Street
Hamilton 3204
 PO Box 19463, Hamilton 3244
 margaret@whaimarama.co.nz
 www.sussed.co.nz
 www.whaimarama.co.nz

Work'n it Out: Timaru/Otago/Southland

 (0800) 500 029
Text: 0294 500 029
 Southland Community College
4th Floor, Menzies Building
The Crescent, Invercargill 9810
 PO Box 611, Invercargill 9840
 contact@wio.co.nz
 www.wio.co.nz

Youth Horizons

 (09) 835 1176
 (0800) 937 887 (0800 West Up)
Fax (09) 835 1179

 John Henry Building, 10 Pioneer
Street, Henderson, Waitakere 0615

Youth Line - Auckland


 (09) 620 9125
 (0800) 296 884 (0800 Youthline)
Fax (09) 376 6650
 13 Maidstone Street, Grey Lynn
Auckland 1021
 yts@youthline.co.nz


Youth One Stop Shop Health – Palmerston North

 (06) 355 5909
 7a Edgeware Road
Palmerston North 4410
 PO Box 575, Palmerston North
Central, Palmerston North 4440
 info@yoss.org.nz


CONTACTS

Youth Services Trust – Wanganui


 (06) 348 9935

 31B Taupo Quay, Wanganui 4500

Youth Transition Services Rotorua


 (07) 348 5051


Fax (07) 348 5032

 Kuirau House, Cnr Pukuatau and
Kuirau Streets, Rotorua 3010


 twpt@xtra.co.nz


144 Health – Nelson

 (03) 546 9350

 144 Collingwood Street
Nelson 7010

198 – Christchurch

 (03) 379 4800

 198 Hereford Street, Christchurch
8011

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