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 23 June 2011.
CONTENTS

24 Hour Help .................................5
Alcoholics Anonymous......................5
Al’Anon ........................................5
City Doctors ................................5
Department of Child Youth and Family Services ....5
Kidsline ........................................5
Lifeline.............................................5
Mental Health Emergency Team ........5
Methadone Services ..........................5
New Zealand Police .........................5
Parentline Manawatu .......................5
Healthline .....................................5
ARCS Manawatu Abuse and Rape Crisis Support ...5
Maori Women’s Refuge .....................6
National Poisons Center ..................6
Salvation Army Helpline ................6
Samaritans ....................................6
Radius Medical, the Palms ................6
Victim Support .............................6
Women’s Refuge .........................6
Youthline ......................................6

Accommodation & Housing ..........6
Anne Keith Hostel/Grandmas Place ........6
Baptist Youth Hostel .......................6
Camellia House .............................6
Manawatu Community Shelter ..........6
Housing Advice Centre ..................7
Housing New Zealand ......................7
Manawatu Tenants Union .................7
MASH Trust .................................7
McAloon House ............................7
North Lodge ..................................7
Peppertree Backpackers Hostel ..........7
Salvation Army Men’s Hostel ..........7
Salvation Army Women’s Hostel ........7

Addictions .................................7
Alcoholics Anonymous ....................7
Al’Anon ........................................7
Alcohol & Drug Help Line .................8
CAFYS Youth Alcohol and Drug Service .....8
DHDP- Drugs & Health Development Project (Needle Exchange) ....8
DPYK- Drug Proofing Your Kids ........8
Fetal Alcohol Support Trust ..............8
MASH Trust .................................8
Palmerston North Street Van Inc ........8
Social Service Centre ....................8
Teen Challenge ............................8
Te Runanga O Raukawa ................8
Te Whanau Manaaki O Manawatu ....9
The Gambling Helpline .................9
Whakapai Hauora (Best Care) ........9
Youth One Stop Shop ....................9

Advice and Advocacy Services ......9
A Secure Base ................................9
Central Region Advocacy Service ........9
Citizens Advice Bureau ....................9
Community Net Aotearoa .................9
Manawatu Community Law Centre ....9
Manawatu Home Budgeting Service ...9
Manawatu Lesbian & Gay Rights Association ..10
MASH Trust ................................10
MUSA Advocacy Service .................10
Netsafe – The Internet Safety Group ....10
NZ Federation of Disability Information Centre’s ..10
No Bully ......................................10
P.A.C.I.F.I.C.A Inc ..........................10
Te Manawa Services .....................10

Counselling ...............................10
A Secure Base ................................10
Acorn Counselling Practice ...............10
Across Social Services .....................10
Amesbury Christian Counselling Service ...11
Child, Adolescent and Family Mental Health Service 11
Feilding and Districts Youth Board ....11
ARCS Manawatu Abuse and Rape Crisis Support ...11
Manawatu Relationship Services ........11
Manchester House Social Services Society 11
Manline .......................................11
MASH Trust .................................12
Methodist Social Service Centre .......12
No Bully ......................................12
Salvation Army Counselling .............12
Journeys to Wellbeing – Huarahi Whakaoranga Inc 12
Te Aroha Noa Community Services ....12
Te Manawa Counseling Services ......12
Welstop ......................................12
Whakapai Hauora (Best Care) .........12
Women’s Health Collective .............13
Youth One Stop Shop ....................13

Impairment Services .................13
Advocacy Network Services Trust ........13
Brain Injury Association ................13
CCS Disability Action ....................13
Child & Youth Crisis Respite ..........13
Deaf Aotearoa NZ ........................13
Idea Services ..............................14
Manawatu Autism Support Association 14
Manawatu Stewart Centre ................14
Options in Community Living ..........14
Parent to Parent Manawatu ..............14
Journeys to Wellbeing – Huarahi Whakaoranga Inc 14
Phoenix Incorporated ....................14
Royal Foundation for the Blind .........15
Whaiora Trust (Maori Mental Health) ...15
Workbridge ...............................15

Health .....................................15
A Secure Base ................................15
Amesbury Christian Health Service ....15
CAFYS Youth Mental Health Service ....15
Community Mental Health ..............15
Cancer Society .........................15
Family Planning Health Promotional Palmerston North ........16
ACROSS Social Services ...............16
MASH Trust .................................16
NZ AIDS Foundation Hotline/ Support Service ....16
Public Health Services ..................16
Sex Therapy NZ ..........................16
Sexual Health Services ..................16
Sexual Health Clinic ....................16
CONTENTS

Education and Training ............. 18
Te Aho o te Kura Poumanu (The Correspondence School) .................. 18
Careers Services (Rapuara) .............. 18
Literacy Fielding ........................................... 18
Te Whare Akonga - Open Learning Centre ...... 18
Palmerston North Community Truancy Prevention Scheme .................... 18
Ministry of Education, Group Special Education (formally Special Education Services) .... 18
SPELADD .................................................. 18
Team Xtreme ................................................. 19
Tertiary Education Commission .................. 19
Wellstop .................................................... 19
Whakatipuria – Teen Parent Unit ................. 19
Secondary Schools ..................................... 19
Awatapu College ........................................... 19
Felildng High School ................................. 19
Freyberg High School ................................ 19
Highbury Whanau Centre Alternative Education Programme ................ 19
Longburn Adventist College ...................... 19
Kelvin Grove Alternative Education Programme .... 19
Manawatu Community High School .......... 20
Mana Tamakiri .............................................. 20
Palmerston North Boys High School .......... 20
Palmerston North Girls High School .......... 20
Queen Elizabeth College ......................... 20
St Peters College ........................................ 20
Te Kura Kaupapa Maori o Manawatu .......... 20
Tertiary Institutions ...................... 20
International Pacific College ..................... 20
Massey University (Taitoeba Campus) .......... 20
Massey University Students Association (MUSA) .................. 20
Te Wananga o Aotearoa ......................... 20
UCOL .................................................... 20
Youth Training Programmes ...................... 21
Agriculture NZ ........................................... 21
Mara Marketing ..................................... 21
Dive Sport & Outdoor Recreation .......... 21
G & H Training Agriculture NZ ........ 21
Horizon Education ...................................... 21
Land Based Training Limited .................... 21
Palmerston North School of Design ........... 21
Te Manawa Services ................................. 21
Trade & Commerce Centre Limited ............ 21
Training for You Limited ....................... 21
Timaru Fishing School ......................... 21
Wanganui YMCA Inc ............................. 21
Palmerston North YMCA Inc ................. 21

Employment ................................. 22
Action Personal Consultants .................... 22
Adecco – Palmerston North Branch ............. 22
Allied Work Force ................................. 22
Coverstaff ............................................ 22
Manawatu Multicultural Centre .......... 22
EVP (Innovate People Management) .......... 22
Onsite Employment Agency Limited ......... 22
PAC Resources ............................................ 23
PN Personnel – Recruitment Specialists ............ 23
Recruitment Plus Limited ..................... 23
Sterling HR Outsourcing ....................... 23
START Youth Transition Service .............. 23
Student Job Search .................................... 23
Workbridge Incorporated ..................... 23
WorkSmart ............................................. 23

Government Contacts ................. 24
Department of Corrections ..................... 24
Department of Social Welfare .................... 24
Ministry of Education ............... 24
Ministry of Health ............................... 24
Department of Internal Affairs – Local Government and Community Branch .............. 24
Ministry of Justice ..................................... 24
Ministry of Youth Development .................. 24
Work and Income New Zealand – WINZ .... 24
Legal Services and Advice ............... 24
Citizens Advice Bureau ......................... 24
Te Whare Akonga - Opening Learning Centre .... 24
Police Youth Aid ................................. 24
Prisoners Aid and Rehabilitation Society (PARS) .......... 24

Local Government Services & Other Places That Help .... 24
Corrections Department of Community Probation Services .................. 24
I-site Palmerston North Visitors’ Centre .......... 25
Green Bike Trust ..................................... 25
Mental Health Foundation ....................... 25
MidCentral Public Health Unit .............. 25
Ara Taiohi ......................................... 25
Palmerston North Community Arts ........... 25
Palmerston North City Council ................. 25
Sport Manawatu ..................................... 25
Wellstop ......................................... 25
Youthlaw - Tino Rangatiratanga Taitamariki .............. 25
Work and Income New Zealand .......... 26

Maori Organisations .............. 26
Maori Womens Refuge ......................... 26
Te Whare Akonga - Open Learning Centre .............. 26
Oranga Hinengaro (Maori Mental Health Team) ....... 26
Te Runanga O Raukawa ..................... 26
Te Wakahau Health & Wellbeing .......... 26
Whaiaora Trust (Maori Mental Health) .......... 26
Whakapai Hauora (Best Care) .................... 26

Parenting .................. 26
A Secure Base .................................. 26
Barnardos NZ Family Support Service .......... 27
Open Home Foundation ......................... 27
Parentline Manawatu ....................... 27
Parent to Parent Manawatu .............. 27
Palmerston North YMCA Inc ............. 27
Te Manawa Services ......................... 27
Whakatipuria – Teen Parent Unit .......... 27
CONTENTS

Youth Organisations .................27

All Saints Youth ..............................................27
Canteen ..........................................................27
Creative Sounds (The Stomach) ..........28
Highbury Whanau Centre.........................28
Kelvin Grove Alternative Education Programme.................28
St Albans Presbyterian Church.......................28
Skylight ..........................................................28
Soul for Real ....................................................28
START Youth Transition Service .....................28
UCOL Christian Chaplaincy .........................28
Chaplaincy Services Massey University ..........29
YMCA ...............................................................29
YMCA Youth Corp ...........................................29
Youth Action – life Church .........................29
Youth One Stop Shop .......................................29
Youthline ..........................................................29

Youth Transition Services New Zealand.........................29

Abel Tasman Educational Trust ..................29
Café for Youth Health – Taupo ....................29
Career Connexions Tairawhiti Limited ........29
Directions Youth Health Centre ..................30
Evolve Youth Service – Wellington .............30
Golden Bay Work Centre .................................30
Job Track Nelson ..............................................30
Life to the Max .................................................30
Nelson Tasman Connections .......................30
New Hub Nelson ..............................................30
Ngati Hine Health Trust .................................30
Partners Porirua ...............................................30
Porirua City Council .......................................30
Westfino Health Trust ....................................30
People Potential Limited ..............................30
Porirua City Council – YTS Coordinator ....30
Pulse Marketing Limited ..............................31
Public Health South – Dunedin ....................31
Richmond NZ Inc – Youth Services ............31
Rotovagas Youth Health – Rotorua ..............31
Safer Communities Marlborough ...............31
SEEK - Kaikoura ..............................................31
Soloman Group Education & Training Academy ..31
South Canterbury Youth Public Health Clinic – Timaru ....31
Tai FM .............................................................31
Taranui Community Youth Services .............31
Te Ahurei a Rangatahi – Waikato ...............31
Te Taiwhenua o Heretaunga – Napier/Hastings ...31
The Learning Shop ............................................32
Te Wairariki Purea Trust ..................................32
The Pulse – Whanganui .................................32
Tol Tol Ora Public Health – Whakatane ..........32
Tui Ora Limited ...............................................32
Vibe Lower Hutt ..............................................32
Vibe Upper Hutt ..............................................32
Waikato District Youth Transition Services ....32
Wairarapa Workforce Development Trust ....32
LINK’D YTS .....................................................32
Whai Marama Youth Connex - Waikato ........32
Work’n it Out (Timaru/Otago/Southland) ....32
Youth Horizons ...............................................33
Youth Line - Auckland .................................33
Youth One Stop Shop Health – Palmerston North ....33
Youth Services Trust – Wanganui .................33
Youth Transition Services Rotorua ...............33
144 Health – Nelson ....................................33
**24 Hour Help**

**Alcoholics Anonymous**
- ☎ 0800 229 6757
- ☎ (06) 356 3215
- 🌐 [www.alcoholics-anonymous.org.nz](http://www.alcoholics-anonymous.org.nz)

**Al’Anon**
- ☎ 0508 425 2666
- ☎ (06) 355 2693
- 🌐 [www.al-anon.org.nz](http://www.al-anon.org.nz)
- 🌐 nz-al-anon-gso@xtra.co.nz

Support groups for relatives and friends of alcoholics. Meetings: Thursday at 7pm and Tuesdays 7.30pm at the Plunket rooms.

**City Doctors**
- ☎ (06) 355 3300
- 🌐 22 Victoria Avenue
  Palmerston North 4410

Day and after hours medical care 7 days a week.

**Department of Child Youth and Family Services**
- ☎ 0508 326 459
- 🌐 313 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](http://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
- Fax (06) 355 1722
- ☎ 0800 4 FAMILY
- 🌐 Community House
  77-85 King Street
  Palmerston North 4410
- 🌐 PO Box 2014, Palmerston North Central, Palmerston North 4440
- 🌐 admin@parentlinemanawatu.org.nz

Support for parents through family counselling, parenting courses and 24hr telephone helpline.

**Healthline**
- ☎ 0800 611 116

**ARCS Manawatu Abuse and Rape Crisis Support**
- ☎ (06) 356 5868
- Fax (06) 356 5867
- 🌐 LINTON COURT
  10 LINTON STREET
  Palmerston North 4410
- 🌐 PO Box 673, Palmerston North Central, Palmerston North 4440
- 🌐 admin@arcsmanawatu.org.nz
- 🌐 [www.arcsmanawatu.org.nz](http://www.arcsmanawatu.org.nz)

Counselling. Voyage group for children 5-12 years. Free counselling available. Support for ALL survivors both male and female and family. High School Education Programmes & Primary
YOUTH DIRECTORY

School Anger Management Programme & Education officer available. 24hr crisis line.

Maori Women’s’ Refuge
📞 (06) 355 0626
📞 (06) 356 7985 (office)
Fax (06) 355 0364
📍 PO Box 573, Palmerston North Central, Palmerston North 4440
✉️ trw@clear.net.nz
Support for women against abusive partners.

National Poisons Center
📞 0800 764 766
📞 0800 POISON

Salvation Army Helpline
📞 (06) 357 7540

Samaritans
📞 0800 726 666
📞 (06) 358 2442
📍 Community House
77-85 King Street
Palmerston North 4410
📍 PO Box 1963 Palmerston North Central, Palmerston North 4440
✉️ www.samaritans.org.nz
✉️ manawatu@samaritans.org.nz
Telephone listening service.

Radius Medical, the Palms
📞 (06) 354 7737
📍 445 Fergusson Street, Hokowhitu
Palmerston North 4410
Accommodation & Housing

Women’s Refuge
📞 (06) 354 5055
📞 (06) 354 5355
Fax (06) 355 0626
📍 PO Box 573, Palmerston North Central, Palmerston North 4440
✉️ pnwr@inspire.net.nz
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 Place
📞 (06) 358 6928
✉️ ak1@clear.net.nz

Baptist Youth Hostel
📞 (06) 355 5107
📍 163 Fitzherbert Avenue, West End
Palmerston North 4410

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

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
Housing Advice Centre
☎ (06) 358 4875
.Parcel 43 King Street, Palmerston North 4410
.Parcel 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 flat mate and boarding positions. Open from 10am to 3pm Monday to Friday.

Housing New Zealand
☎ (06) 355 0122 or (0800) 801 601
.Parcel 117 Broadway Avenue, Palmerston North 4410
.Parcel PO Box 248, Palmerston North Central, Palmerston North 4440
✉ www.hnzc.co.nz

Priority given to those on a low income and need.

Manawatu Tenants Union
☎ (06) 357 7435
.Parcel Community House
.Parcel 77-85 King Street, Palmerston North 4410
.Parcel 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
(parcel) 602-606 Main Street, Palmerston North 4410
.Parcel PO Box 157, Palmerston North Central, Palmerston North 4440
✉ manawatu@mashtrust.org.nz
Ξ www.mashtrust.org.nz

Provides support, advice on mental health and addictions.

McAlloon House
☎ (06) 356 4826
.Parcel 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
.Parcel 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
.Fax (06) 355 4063
.Parcel 121 Grey Street, Palmerston North 4410

Salvation Army Men’s Hostel
☎ (06) 353 3459
 ☎ 0274 860 370
Ξ sapn.mh@xtra.co.nz

Salvation Army Women’s Hostel
☎ (06) 354 3890
☎ 0272 342 686
.Fax (06) 356 5310
Ξ kerry@salvationarmypn.org.nz

Addictions

Alcoholics Anonymous
☎ 0800 229 6757
☎ (06) 356 3215
☎ 0800 229 6757
Ξ www.alcoholics-anonymous.org.nz

Al’Anon
☎ 0508 425 2666
☎ (06) 355 2693
.Parcel Plunket Rooms, 177 Vogel Street Roslyn, Palmerston North 4414
Ξ www.al-anon.orxxg.nz
Ξ 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
- ada@adanz.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.

**DHDP- Drugs & Health Development Project (Needle Exchange)**

- (06) 353 5063
- Fax (06) 353 5064
- 81 Grey Street
  Palmerston North 4410
- www.needle.co.nz
- dhcppalmerstonnorth@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
- (06) 323 6612
- Fax (06) 323 0546
- 68 Aorangi Street, Feilding
  4702
- Working with young people with addictions. Also providing information and accommodation.

**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 0220 360 284
Fax (06) 353 5252
住所：115 Rugby Street, Awapuni, Palmerston North 4412
✉ twmomt@xtra.co.nz

The Gambling Helpline
☎ 0800 654 655
☎ Text for HELP 8006
Lines open 7 days 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
住所：140-148 Maxwell’s Line, Awapuni, Palmerston North 4412
✉ bcwh@rangitaane.iwi.nz
✉ www.whakapaihauora.maori.nz

Youth One Stop Shop
☎ (06) 355 5906 (direct line)
✉ PO Box 575, Palmerston North Central, Palmerston North 4440
✉ info@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
住所：39 Cuba Street, Main Street, Palmerston North 4410
✉ 39 Cuba Street, Main Street, Palmerston North 4410
✉ info@yoss.org.nz

Central Region Advocacy Service
☎ (06) 355 2094
Fax (06) 355 0612 or 355 0412
住所：Commercial Building, Level 2
10-15 The Square
Palmerston North 4410
✉ PO Box 733, Palmerston North Central, Palmerston North 4440
提供信息，支持和倡导为IRD和福利待遇。开放时间为周一至周五中午 – 2:30pm

Citizens Advice Bureau
☎ (06) 357 0647 or 0800 FOR CAB
Fax (06) 357 9273
住所：12 King Street
Palmerston North 4410
✉ 12 King Street
Palmerston North 4410
✉ www.cab.org.nz
✉ cab.palmn@xtra.co.nz

Community Net Aotearoa
✉ www.community.net.nz
✉ information@community.net.nz

Manawatu Community Law Centre
☎ (06) 356 7974
Fax (06) 356 7952
住所：Level 2,12 The Square
Palmerston North 4410
✉ PO Box 2088, Palmerston North Central, Palmerston North 4440
✉ mancomlaw@xtra.co.nz
✉ jo@mancomlaw.co.nz
提供法律信息，教育，协助和建议。

Manager: Johanna Herbert

Manawatu Home Budgeting Service
☎ (06) 358 2279
住所：55 Pitt Street
Palmerston North 4410
提供和协助在财务问题上的建议。
YOUTH DIRECTORY

- mnbs@xtra.co.nz

Manawatu Lesbian & Gay Rights Association
☎ (06) 358 5378 (answer phone)
✉ 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 4500
✉ 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
✉ www.netsafe.org.nz

Offers advice and counselling on internet bullying and abuse.

NZ Federation of Disability Information Centre’s
☎ (03) 214 5000
☎ PO Box 1091, Invercargill
✉ www.nzfdic.org.nz
Contact: Carol Wood, President

No Bully
☎ 0800 NOBULLY (0800 662 8559)
✉ www.nobully.org.nz

P.A.C.I.F.I.C.A Inc
☎ (06) 357 8914

- Seinia.fruean@hnzc.co.nz
- seinia@paradise.net.nz

Contact: Seinia Fruean
Pacific Allied (Women’s) Council
Inspires Faith in Ideals Concerning all.
A national organization 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
✉ www.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) 357 2533
☎ 0274 079 921
294A Church Street  
Palmerston North 4410

PO Box 1140, Palmerston North Central, Palmerston North 4440

rallan@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  
Fax (06) 350 8374

Kauri House, Ruahine Street,  
Palmerston North Hospital,  
Palmerston North 4410

PO Box 2056, 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

youthboard@vodafone.co.nz

Provides a restorative justice programme  
for young offenders.

ARCS Manawatu Abuse and Rape Crisis Support

(06) 356 5868  
Fax (06) 356 5867

Linton Court  
10 Linton Street  
Palmerston North 4410

PO Box 673, Palmerston North Central, Palmerston North 4440

admin@arcsmanawatu.org.nz  
www.arcsmanawatu.org.nz

Counselling. Voyage group for children  
5-12 years. Free counselling available.  
Support for ALL survivors both male  
and female and family. High School  
Education Programmes & Primary  
School Anger Management Programme  
& Education officer available. 24hr crisis line.

Manawatu Relationship Services

(06) 357 6483  
0800 RELATE

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

Palmerstonnorth@relationships.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 53, 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) 350 0307
Fax (06) 356 8799
🏠 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 (from 2pm to 3.30pm) 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

Journeys to Wellbeing – Huarahi Whakaoranga Inc
☎ (06) 355 3387
Fax (06) 353 1999
🏠 Level 2, BNZ Building
Corner Rangitikei Street
& 140 the Square
✉ PO Box 1177 Palmerston North 4440
✉ chrishocken@journeytowellbeing.org.nz
✉ www.pathwaystowellbeing.org.nz
Service Manager: Chris Hocken

Te Aroha Noa Community Services
☎ (06) 358 2255
Fax (06) 358 5399

12-26 Brentwood Avenue
Highbury, Palmerston North 4412
✉ PO Box 7141, Pioneer Highway
Palmerston North 4443
✉ tearohanoa@xtra.co.nz
✉ www.tearohanoa.org.nz
Offers counseling, a home instruction program for parents and youngsters (HIPPY program), and an early childhood center for 0-5 year olds. Call Vicky for more details or Janet for counselling (available Mon/Tues/Thurs)

Te Manawa Counseling 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
✉ 77 Broadway Avenue 1st floor
(above Christian Bookshop)
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
✉ 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
✉ www.pnwomenshealth.org.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
.street
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.

Impairment Services

Advocacy Network Services Trust
📞 (06) 353 7236
📞 0800 555 050
.street
Square Edge room 202
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.
Contact: Tina Auckram
Contact: Horrice Molyneux
✉ tauckram@hdc.org.nz
✉ hmolyneux@hdc.org.nz

Brain Injury Association
📞 (06) 354 3540
.street
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
.street
248 Broadway Avenue
Palmerston North 4410
✉ PO Box 143, Palmerston North
Central, Palmerston North 4440
✉ Manawatu@ccsdisabilityaction.org.nz
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 Aotearoa NZ
📞 (06) 357 5942
Fax (06) 357 5700
.street
1st Floor United Building
86 The Square
Palmerston North 4410
✉ Suzanne.hanson@deaf.org.nz
Provides an information and advice, needs and equipment assessment, advocacy employment support, transition services and community relations information.

Disability Persons Assembly
Palmerston North & Districts
📞 (06) 357 9877
.street
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**
- **Phone:** (06) 350 9372
- **Address:** Cnr Cuba and Andrew Young Street, Palmerston North 4410
- **Box:** PO Box 1307, Palmerston North Central, Palmerston North 4440
- **Email:** manawatu@idea.org.nz

- **Phone:** (06) 3548761 - family Whanau main office phone.

**Manawatu Autism Support Association**
- **Phone:** (06) 357 7846
- **Box:** 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.**
- **Phone:** (06) 355 8561
- **Address:** 151 the Square, Palmerston North 4410
- **Box:** PO Box 5010, Terrace End, Palmerston North 4441

Support, advocacy, information and education for people affected by all major mental illnesses.
- **Manager:** Christine
- **Email:** Christine@manawatu.s.f.org.nz
- **Email:** manawatu.s.f@xtra.co.nz

**Manawatu Stewart Centre**
- **Phone:** (06) 354 6728
- **Fax:** (06) 354 3582
- **Address:** 38 West Street, West End, Palmerston North 4412
- **Website:** www.stewartcentre.org.nz
- **Email:** admin@stewartcentre.org.nz

Rehabilitation for people with acquired brain injury.

**Options in Community Living**
- **Phone:** (06) 353 2243
- **Address:** 31 Princess Street, West End, Palmerston North 4412
- **Box:** PO Box 1443, Palmerston North Central, Palmerston North 4440
- **Email:** carol@options.org.nz
- **Website:** 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**
- **Phone:** (06) 355 0787
- **Freephone:** 0508 236236
- **Address:** 248 Broadway Avenue, Palmerston North 4410
- **Box:** PO Box 5010, Terrace End, Palmerston North 4441
- **Email:** manawatu@parent2parent.org.nz

Support and information for families of children with special needs.

**Journeys to Wellbeing – Huarahi Whakaoranga Inc**
- **Phone:** (06) 355 3387
- **Fax:** (06) 353 1999
- **Address:** Level 2, BNZ Building, Corner Rangiitiuki Street & 140 the Square, Palmerston North 4410
- **Box:** PO Box 5010, Terrace End, Palmerston North 4441
- **Email:** admin@journeystowellbeing.org.nz
- **Website:** www.pathwaystowellbeing.org.nz

Service Manager: Chris Hocken

**Phoenix Incorporated**
- **Phone:** (06) 354 7520
- **Address:** Unit 4, Northcote Office Park, 145 Queen Street, Palmerston North 4410
- **Box:** PO Box 1905, Palmerston North Central, Palmerston North 4440
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
✉ kcolies@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
Fax (06) 952 5649
☎ 0508 858 858
☬ 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

Cancer Society
☎ (06) 356 5355
Fax (06) 356 7804
☎ 0800 226 237
☬ Addis House, 135 Ruahine Street
Terrace End
Palmerston North 4410
✉ PO Box 5170, Terrace End,
Palmerston North 4441
✉ information@cancerpn.nz
✉ www.cancernz.org.nz

Drugs & Health Development Project
☎ (06) 353 5063
Fax (06) 353 5064
☬ 81 Grey Street
Palmerston North 4410
✉ Palmerstonnorth@drugsproject.co.nz
Needle exchange, drug information & advocacy. Monday to Friday 10am-7pm. Sat, Sun & Public Holidays 11am-3pm.
Family Planning Health Promotional
Palmerston North
☎ (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.

ACROSS Social Services
☎ (06) 356 7486
☎ (06) 357 2533
☎ 0274 079 921
✉ PO Box 1140,
294A Church Street
Palmerston North 4440
✉ rallan@across.org.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 Services
☎ (06) 350 4560
Fax (06) 350 4561
✉ 0800 153 042
⌂ 575 Main Street
Health on Main
Private Bag 11036, Manawatu Mail Centre Palmerston North 4442
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
☎ Freephone 0800 808 602
✉ Private Bag 11036, Manawatu Mail Centre, Palmerston North 4442
Contact: Marama McGrath-McDonald

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  
Fax (06) 350 8158  
_house 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  
_house Highbury Shopping Centre  
56 Pembroke Street, Highbury Shopping Centre, Highbury  
Palmerston North 4412  
✉️ PO Box 4564, Manawatu Mail Centre, Palmerston North 4442  


**The Pregnancy Centre**

📞 (06) 354 2273  
_house 3 Amesbury Street  
Palmerston North 4410  
✉️ PO Box 5533, Terrace End  
Palmerston North 4441  

Free information service, pregnancy tests and counselling. Anti & postnatal 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  
_house 140-148 Maxwells Line, Awapuni  
Palmerston North 4412  
✉️ PO Box 1341, Palmerston North Central, Palmerston North 4440  
✉️ 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.

**Women’s Health Collective**

📞 (06) 357 0314  
✉️ PO Box 4253, Manawatu Mail Centre  
Palmerston North 4442  
✉️ pnwhc@xtra.co.nz
YOUTH DIRECTORY

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 (direct line)
📍 7a Edgeware Road
Palmerston North 4410
✉️ PO Box 575, Palmerston North Central, Palmerston North 4440
✉️ info@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
- Thur: 9am-11am, 12pm-3pm
- Fri: 9am-1:30pm
No Doctor available Monday.

**Education and Training**

**Te Aho o te Kura Pounamu (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 Services (Rapuara)**
📞 (06) 350 1131
📞 Freephone 0800 222 733
📍 Level 1 AMP Building Broadway Avenue, Palmerston North 4410
✉️ PO Box 646, Palmerston North Central, Palmerston North 4440

**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
📍 ANZ Building, 120 The Square,
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
📍 13 Oxford 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
Fax (06) 359 2495
YOUTH DIRECTORY

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
 расположен 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
☎ (04) 426 5200
Fax (04) 462 5400
Level 10, 44 the Terrace
Wellington 6011
✉ PO Box 27-1048, Wellington 6141
✉ www.tec.govt.nz
✉ servicecentre@tec.govt.nz
Provides youth training programmes and lists of all providers.

Wellstop
☎ (06) 356 9666
Fax (06) 356 9699
 расположен 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.
✉ johanson@freyberg.ac.nz

Secondary Schools

Awatapu College
☎ (06) 356 4817
Fax (06) 356 4819
 расположен 434 Botanical Road, West End
Palmerston North 4412
✉ execsec@awatapu.school.nz

Feilding High School
☎ (06) 323 4029
(locations) Churcher Street, Feilding 4702

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

Highbury Whanau Centre
Alternative Education Programme
☎ (06) 358 0504
(locations) 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
(locations) 100 Walkers Road, R D 7
Palmerston North 4477
✉ PO Box 14001, Longburn
Palmerston North 4866
✉ info@lac.school.nz
✉ www.lac.school.nz

Kelvin Grove Alternative Education Programme
☎ 06 358 7497
(locations) Kelvin Grove Community Hall
Kaimanawa Street, Palmerston North 4414
✉ PO Box 10017, Terrace End
Post Shop, Palmerston North 4414
✉ steve@kgae.org.nz
Contact: Steve Mackley
Manawatu Community High School
☎ (06) 357 2254
📍 120 Savage Crescent, West End
Palmerston North 4412
✉ PO Box 6098 College Street
Palmerston North 4445
✉ mchs@inspire.net.nz

Mana Tamariki
☎ (06) 356 4383
Fax (06) 354 9792
📍 165 Grey Street
Palmerston North 4410
✉ penny@manatamariki.school.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
✉ m.hough@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
✉ info@ipc.ac.nz

Massey University (Turitea Campus)
☎ (06) 356 9099
📍 State Highway 57, R D 4
Palmerston North 4474
✉ admin@pnbhs.school.nz
✉ www.musa.org.nz

UCOL
☎ (06) 952 7000 or 0800 GO UCOL
Fax (06) 952 7023
📍 King Street
Palmerston North 4410
✉ www.uCOL.ac.nz

Te Wananga O Aotearoa
☎ (06) 355 3381
Fax (06) 355 3386
📍 142 Botanical Road, Takaro,
Palmerston North 4412
✉ www.twoa.ac.nz
Youth Training Programmes

Agriculture NZ
☎ 0800 475 455
✉ agnztraining@pggwrightson.co.nz
Skill development to get employment and qualifications in the farming sector.

Mara Marketing
☎ (06) 357 3869
✉ 391 Rangitikei Street
Palmerston North 4410
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.
✉ graham@autotraining.co.nz

Dive Sport & Outdoor Recreation
☎ (06) 353 5555
✉ PO Box 1739, Palmerston North Central, Palmerston North 4440

G & H Training Agriculture NZ
☎ (06) 356 8922
✉ 142 Fairs Road, Milson
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
☎ 0508 872 466
✉ Cnr Main & Botanical (opposite Shell Service Station)
✉ admin@landbased.net
✉ www.landbased.net
Work 2 days programmes in: Retail/Hospitality, Industry/Auto/Civil, 13 week supportive/employment outcomes.
Mixed Employment / Farm Skills: Work focused training with work experience and work placement.

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
✉ www.pnsd.ac.nz
Contact: Michael Saywell, Managing Director

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
✉ www.temanawa.org.nz
Youth and Parenting Programmes available.

Trade & Commerce Centre Limited
☎ (06) 350 0942
☎ 0800 475 455
✉ 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) 349 0047
☎ 0800 GET T44
☎ 027 232 232
YOUTH DIRECTORY

Fax (06) 345 1658

148 Ingestre Street
Wanganui 4500

info@training4you.co.nz

www.training4you.co.nz

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

Timaru Fishing School

(03) 684 8663
Fax (03) 684 8668
Freephone 0800 22 33 87

29 Ritchie Street,
PO Box 651, Timaru 7940

tss.colleen@xtra.co.nz

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

www.ymca.org.nz

Young Parents Programme: training and development education

Adecco – Palmerston North Branch

(06) 357 2020
Fax (06) 952 3339

Level 1, 575 Main Street
Palmerston North 4410

palmerston@adecco.co.nz

www.adcco.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

palmerston.north@0800labour.co.nz

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

Coverstaff

(06) 353 8002
Fax (06) 353 8004

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

Jonathan.ives@coverstaff.net.nz

Open Monday to Friday.

Manawatu Multicultural 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

ask@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.

EVP (Innovate People Management)

(06) 357 5720

1st Floor, 62 Princess Street
Palmerston North 4410

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

Employment

Action Personal Consultants

(06) 355 4354

1st Floor, 96 Princess 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.
YOUTH DIRECTORY

Onsite Employment Agency Limited
☎ (06) 357 5720
_physical_address_ 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
_physical_address_ 102A Broadway Avenue, Palmerston North 4410
✉ pacresources@xtra.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
_physical_address_ First Floor, 53 Princess Street Palmerston North 4410
✉ 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
_physical_address_ 74 Grey Street, Palmerston North 4410
✉ PO Box 5026, Terrace End Palmerston North 4441
Open from 8am-5pm on weekdays.

Sterling HR Outsourcing
☎ (06) 359 0024
Fax (06) 359 0025
_physical_address_ BDO House, 32 Amesbury Street 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
_physical_address_ Corner Andrew Young & Cuba Streets, Palmerston North 4410
✉ info@startme.org.nz
✉ www.startme.org.nz
Provides assistance in furthering education, training, and obtaining employment.

Student Job Search
☎ (06) 358 2828
_physical_address_ Level 1, MUSA Building, Massey Turitea Campus, 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
_physical_address_ 28-32 Queen Street Palmerston North 4410
✉ PO Box 4453, Manawatu Mail Centre, Palmerston North 4442
✉ www.workbridge.co.nz
✉ keayb@workbridge.co.nz
Workbridge helps a wide range of people every day. Every year we find 3,500 jobs for people with disabilities. Opening hours are between 8.30am – 4.00pm weekdays.

WorkSmart
☎ 027 555 8013
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 824 824
(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

Te Whare Akonga - Opening Learning Centre
(06) 357 7882
ANZ Building, 120 The Square, Palmerston North 4410
openlearning@xtra.co.nz
Support for families affected by the justice system.

Police Youth Aid
(06) 351 3600
Fax (06) 350 3860
NZ Police Station, Church Street
Palmerston North 4410
Private Bag 11040, Manawatu Mail Centre, Palmerston North 4442

Prisoners Aid and Rehabilitation Society (PARS)
(06) 357 9218
Coronation House
90 Broadway Avenue
Palmerston North 4410
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
Fax (06) 354 4887
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
404 Church Street
Palmerston North 4410
PO Box 1940 Palmerston North Central, Palmerston North 4440

I-site Palmerston North Visitors’ Centre
(06) 350 1922
Fax (06) 350 1929
The Square, Palmerston North 4410
PO Box 12005, Inner City
Palmerston North 4444
palmerstonnorth@isite.org.nz

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
Fax (06) 350 9111
Community Village, Palmerston North Hospital
Ruahine Street, Terrace End
Palmerston North 4410
PO Box 2056, Palmerston North Central, Palmerston North 4440

Ara Taiohi
(04) 802 5000
PO Box 11420, Manners Street
Wellington 6142

Palmerston North Community Arts
(06) 353 2800
Ground Floor Square Edge
Palmerston North 4410
PO Box 1478, Palmerston North Central, Palmerston North 4440
info@ca.org.nz

Palmerston North City Council
(06) 356 8199
Fax 06 351 4471
The Square, Palmerston North 4410
www.pncc.govt.nz
info@pncc.govt.nz

Sport Manawatu
(06) 357 5349
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
0800 882 529
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
✉ 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
✉ ANZ Building, 120 The Square, Palmerston North 4410
✉ openlearning@xtra.co.nz
Te Reo Maori, volunteer training, core programmes – drivers licence, volunteer training with literacy training, and more.

Oranga Hinengaro (Maori Mental Health Team)
☎ (06) 350 9155
☎ 0800 007 878
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.
Service Manager: Aroha Noema

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

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

Parenting

A Secure Base
☎ (06) 357 9163
Fax (06) 357 9164
✉ 39 Cuba Street
Palmerston North 4410
YOUTH DIRECTORY

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
✉ Monique.Green@barnardos.org.nz
Provides family daycare, family support services and supervised access service.

Open Home Foundation
☎ (06) 358 4024
Fax (06) 355 3423
5th Floor, BNZ, Corner
The Square and Rangitikei Street
Palmerston North 4410
☎ PO Box 1710, Palmerston North
Central, Palmerston North 4440
✉ ohfman@ohf.org.nz
A child and family support service working with families under stress. It also provides foster care.
Practice Manager: Deidre Nel

Parentline Manawatu
☎ (06) 355 1655
☎ 0800 4 family
☎ Community House
77-85 King Street
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  
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

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  
06 358 7497  
Kelvin Grove Community Hall  
Kaimanawa Street,  
Palmerston North 4414  
PO Box 10017, Terrace End  
Post Shop, Palmerston North 4414  
steve@kgae.org.nz

Contact: Steve Mackley

St Albans Presbyterian Church  
(06) 357 9411  
Fax (06) 357 9412  
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 6767  
2A, Green Street  
Epuni Lower Hutt Wellington 5011  
PO Box 7309, Newtown  
Wellington 6242  
reception@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

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 79407  
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
✍ chaplain@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.
Contact: Paul Stock

YMCA

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

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 – life Church

☎ (06) 356 2525
Fax (06) 356 1369
☞ 590 Featherston Street
   Palmerston North 4410
✉ PO Box 1031, Palmerston North
   Central, Palmerston North 4440

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
✍ 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 Transition Services 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@youthcafetoupo.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 Tairawhiti 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 8449
⌂ 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

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

Life to the Max
☎ (06) 368 8005
⌂ 12A Exeter Street
Levin 5510
Provides YTS services for the Horowhenua area.

Nelson Tasman Connections
☎ (03) 548 0012

Level 2 22 Bridge Street
Nelson 7010
✉ PO Box 370, Nelson
✉ info@connections.gen.nz
✉ www.connections.gen.nz
Part of the Nelson Tasman Youth Transition Service.

New Hub Nelson
☎ (03) 548 0103
Fax (03) 546 8619
✉ 0272 053 110 Margret YTS
✉ 0272 448 155 Susan YTS
✉ 23 New Street, Nelson 7010
✉ PO Box 997, Nelson 7040
✉ nelsonhub@xtra.co.nz

Ngati Hine Health Trust
☎ (09) 404 1551
Fax (09) 404 1876
☎ (0800) 737 573
⌂ 2-4 Rayner Street, Kawakawa
Northland

Partners Porirua
☎ (04) 237 1093
Fax (04) 237 1101
⌂ The Employment Hub
6 Hagley Street, Porirua 5022
✉ info@partnersporirua.org.nz

Porirua City Council
☎ (04) 237 5089
Fax (04) 237 6384
⌂ 16 Cobham Court
Porirua 5240, New Zealand
✉ enquiries@pcc.govt.nz

Westfono Health Trust
☎ (09) 837 1780
Fax (09) 837 1276
⌂ 411 Great North Road Henderson
Auckland 0610

People Potential Limited
☎ (09) 438 0765
☎ (0800) 4 987 987 (0800 4 YTS YTS)
☎ 0212 038 116
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)
☎ (09) 268 9230
📍 236 Great South Road, Manurewa
📍 Private bag 2102
📍 236 Great South Road, Manurewa
📍 Private bag 2243
📍 Manukau Youth Transition Service

South Canterbury Youth Public Health Clinic – Timaru
☎ (03) 684 1545

Tai FM
☎ (09) 408 4824
📍 Level 2, 1 Melba Street
📍 Kaitaia, Northland 0410

Tararua Community Youth Services
☎ (06) 374 9214
📍 PO Box 18, Dannevirke 4942
📍 25 Allardice Street
📍 Dannevirke 4930
✉ jean@tararuayouth.org.nz

Te Ahurei a Rangatahi – Waikato
☎ (07) 838 3013
☎ (07) 838 3015
📍 1st Floor, 46 Bryce Street
📍 Hamilton 3204
📍 PO Box 628, Waikato Mail Centre
📍 Hamilton 3240
✉ teahurei@xtra.co.nz

Te Taiwhenua o Heretaunga – Napier/Hastings
☎ (06) 835 8374
☎ (06) 871 5356
☎ 0274 445 615
📍 821 Orchard Road Hastings
The Learning Shop
📞 (04) 237 7422
Fax (04) 237 7416
🗺 7 Serlby Place, Porirua 5022
✉️ thelearningshop@xtra.co.nz
✉️ office@thelearningshop.co.nz

Te Wairariki Purea Trust
📞 (07) 348 5051
📞 021 686 981 – Joseph
✉️ joseph@twptnz.org

The Pulse – Whangarei
📞 (09) 438 0004
🗺 5 Raumanga Valley Road, Raumanga Whangarei 0110
🗺 PO Box 1136, Whangarei 0140
Opening hours: 8:30am- 4:30pm Monday-Friday.

Toi Te Ora Public Health – Whakatane
📞 0800 221 555
📞 026 111 980 After Hours
Fax (07) 306 0987
🗺 Bay of Plenty DHB Whakatane corner Garraway and Stewart streets Whakatane 3120
🗺 PO Box 241, Whakatane 3158

Tui Ora Limited
📞 (06) 759 7727
📞 0508 4 YOUTH (0508 4 96884)
🗺 45 Regent Street, Hawera 4610
✉️ reception@yts.tuiora.co.nz

Vibe Lower Hutt
📞 (04) 566 0525
Fax (04) 586 2054
🗺 4 Daly Street, Lower Hutt 5010

Vibe Upper Hutt
📞 (04) 528 6261
Fax (04) 586 2054
🗺 2 Sinclair Street, Ebdentown Upper Hutt 5018

Waikato District Youth Transition Services
📞 (07) 824 5101
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
📞 (07) 846 0253
📞 0800 787 733
Fax (07) 846 0255
🗺 103/C2 Green Wood Street, Hamilton
🗺 PO Box 5472 Hamilton 3242
✉️ reception@whaimarama.co.nz
✉️ yts@wairarapaworkforce.org.nz
✉️ www.sussed.co.nz

LINK’D YTS
📞 (06) 370 4403
🗺 316 Queen Street, Masterton 5810
🗺 PO Box 920, Masterton
✉️ yts@wairarapaworkforce.org.nz

Whai Marama Youth Connex - Waikato
📞 (07) 838 2558
📞 (0800) 696 884 (0800 6 YOUTH)
Fax (07) 838 2554
🗺 54 Collingwood Street Hamilton 3204
🗺 PO Box 19463, Hamilton 3244
✉️ info@whaimaram.co.nz
✉️ margaret@whaimarama.co.nz
✉️ www.sussed.co.nz
✉️ www.whaimarama.co.nz

Work’n it Out
(Timaru/Otago/Southland)
📞 (06) 348 9935
📞 (0800) 500 029
📞 0294 500 029 text
🗺 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) 361 4175
(0800) 296 884 (0800 Youthline)
Fax (09) 361 7201
13 Maidstone Street, Grey Lynn Auckland 1021
yts@youthline.co.nz
www.youthline.co.nz/yts

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

Youth Services Trust – Wanganui
(06) 348 9935
31B Taupo Quay, Wanganui 4500

Youth Transition Services Rotorua
(07) 343 1013
Fax (07) 349 3492
1066 Hinemoa Street Rotorua 3010
Kuirau House, Cnr Pukuatau and Kuirau Streets, Rotorua 3010
PO Box 801, Rotorua 3040
reception@rotovegasyouthhealth.org.nz
Open between 11.30 and 4 p.m

144 Health – Nelson
(03) 546 9350
144 Collingwood Street Nelson 7010
INDEX

144 Health – Nelson, 33
A Secure Base, 9, 10, 15, 26
Abel Tasman Educational Trust, 29
Acorn Counselling Practice, 10
Across Social Services, 10
ACROSS Social Services, 16
Action Personal Consultants, 22
Adecco - Palmerston North Branch, 22
Advocacy Network Services Trust, 13
Agriculture NZ, 21
Al’Anon, 5, 7
Alcohol & Drug Help Line, 8
Alcoholics Anonymous, 5, 7
All Saints Youth, 27
Allied Work Force, 22
Amesbury Christian Counselling Service, 11
Amesbury Christian Health Service, 15
Anne Keith Hostel, 6
Ara Taihoi, 25
Awatapu College, 19
Baptist Youth Hostel, 6
Barnardos NZ Family Support Service, 27
Brain Injury Association, 13
Café for Youth Health – Taupo, 29
CAFYS Youth Alcohol and Drug Service, 8
CAFYS Youth Mental Health Service, 15
Camellia House, 6
Cancer Society, 15
Canteen, 27
Career Connexions Tairawhiti Limited, 30
Careers Service (Rapuara), 18
CCS Disability Action, 13
Central Region Advocacy Service, 9
Centre for Youth Health, 29
Chaplaincy Services Massey University, 29
Child & Youth Crisis Respite, 13
Child, Adolescent and Family Mental Health Service, 11
Citizens Advice Bureau, 9, 24
City Doctors, 5
Community Mental Health, 15
Corrections Department of Community Probation Services, 24
Coverstaff, 22
Creative Sounds (The Stomach), 28
Deaf Aotearoa NZ, 13
Department of Child Youth and Family Services, 5
Department of Corrections, 24
Department of Internal Affairs – Local Government and Community Branch, 24
Department of Social Welfare, 24
DHDP- Drugs & Health Development Project, 8
Directions Youth Health Centre, 30
Disability Persons Assembly Palmerston North & Districts, 13
Dive Sport & Outdoor Recreation, 21
DPYK- Drug Proofing Your Kids, 8
Drugs & Health Development Project, 15
e Wairariki Purea Trust, 32
Evolve Youth Service – Wellington, 30
EVP (Innovate People Management), 22
Family Planning Health Promotional Palmerston North, 16
Feilding and Districts Youth Board, 11
Feilding High School, 19
Fetal Alcohol Support Trust, 8
Freyberg High School, 19
G & H Training Agriculture NZ, 21
Golden Bay Work Centre, 30
Green Bike Trust, 25
Healthline, 5
Highbury Whanau Centre, 19, 28
Horizon Education, 21
Housing Advice Centre, 7
Housing New Zealand, 7
Idea Services, 14
International Pacific College, 20
I-site Palmerston North Visitors’ Centre, 25
Job Track Nelson, 30
Journeys to Wellbeing – Huarahi Whakaoranga Inc, 12, 14
Kelvin Grove Alternative Education Programme, 19, 28
Kidsline, 5
Land Based Training Limited, 21
Life to the Max, 30
Lifeline, 5
LINK’D YTS, 32
Literacy Feilding, 18
Longburn Adventist College, 19
Lower North Youth Justice Residential Centre, 24
Mana Tamariki, 20
Manawatu Autism Support Association, 14
Manawatu Community High School, 20
Manawatu Community Law Centre, 9
Manawatu Community Shelter, 6
Manawatu Home Budgeting Service, 9
Manawatu Lesbian & Gay Rights Association, 10
Manawatu Lesbian and Gay Rights Association (MALGRA), 16
Manawatu Multicultural Centre, 22
Manawatu Relationship Services, 11
Manawatu S.F., 14
Manawatu Stewart Centre, 14
Manawatu Tenants Union, 7
Manchester House Social Services Society, 11
Manline, 11
Maori Women’s Refuge, 6
Maori Womens Refuge, 26
Mara Marketing, 21
MASH Trust, 7, 8, 10, 12, 16
Massey University (Turitea Campus), 20
Massey University Students Association (MUSA), 20
McAloon House, 7
Mental Health Emergency Team, 5
Mental Health Foundation, 25
Methadone Services, 5
Methodist Social Service Centre, 8, 12
MidCentral Public Health Unit, 25
Ministry of Education, 24
Ministry of Education, Group Special Education, 18
Ministry of Health, 24
Ministry of Justice, 24
Ministry of Youth Development, 24
MUSA Advocacy Service, 10
National Poisons Center, 6
Nelson Tasman Connections, 30
Net Aotearoa, 9
Netsafe – The Internet Safety Group, 10
New Hub Nelson, 30
New Zealand Police, 5
Ngati Hine Health Trust, 30
No Bully, 10, 12
North Lodge, 7
NZ AIDS Foundation Hotline/ Support Service, 16
NZ Federation of Disability Information Centre’s, 10
Onsite Employment Agency Limited, 23
Open Home Foundation, 27
Options in Community Living, 14
Oranga Hinengaro, 26
P.A.C.I.F.I.C.A Inc, 10
PAC Resources, 23
Palmerston North Boys High School, 20
Palmerston North City Council, 25
Palmerston North Community Arts, 25
Palmerston North Community Truancy Prevention Scheme, 18
Palmerston North Girls High School, 20
Palmerston North School of Design, 21
Palmerston North Street Van Inc, 8
Palmerston North YMCA Inc, 22, 27
Parent to Parent Manawatu, 14, 27
Parentline Manawatu, 5, 27
Partners Porirua, 30
People Potential Limited, 30
Peppertree Backpackers Hostel, 7
Phoenix Incorporated, 14
PN Personnel – Recruitment Specialists, 23
Police Youth Aid, 24
Porirua City Council – YTS Coordinator, 30, 31
Prisoners Aid and Rehabilitation Society (PARS), 24
Public, 16
Public Health Primary Care Team – Fielding, Clevey House, 16
Public Health South – Dunedin, 31
Pulse Marketing Limited, 31
Queen Elizabeth College, 20
Radius Medical, the Palms, 6
Recruitment Plus Limited, 23
Richmond NZ Inc – Youth Services, 31
Rotovagas Youth Health – Rotorua, 31
Royal Foundation for the Blind, 15
Safer Communities Marlborough, 31
Salvation Army Counselling, 12
Salvation Army Helpline, 6
Salvation Army Men’s Hostel, 7
Salvation Army Women’s Hostel, 7
Samaritans, 6
SEEK - Kaikoura, 31
Sex Therapy NZ, 16
Sexual Health Clinic, 16
Sexual Health Services, 16
Skylight, 28
Soloman Group, 31
Soul for Real, 28
South Canterbury Youth Public Health Clinic – Timaru, 31
SPLEAdD, 18
Sport Manawatu, 25
St Albans Presbyterian Church, 28
St Peters College, 20
START Youth Transition Service, 23, 28
Sterling HR Outsourcing, 23
Student Job Search, 23
Tai FM, 31
Taranui Community Youth Services, 31
Te Aho o te Kura Pounamu(The Correspondence School), 18
Te Ahurei a Rangatahi – Waikato, 31
Te Aroha Noa Community Services, 12
Te Kura Kaupapa Maori o Manawatu, 20
Te Manawa Counselling Services, 12
Te Manawa Services, 10, 21, 27
Te Runanga O Raukawa, 8, 17, 26
Te Taiwhenua o Heretaunga - Hastings, 31
Te Wakahuia Health & Wellbeing, 17, 26
Te Wananga O Aoteaoro, 20
Te Whanau Manaaki O Manawatu, 9
Te Whare Akonga - Open Learning Centre, 18, 24, 26
Te Whare Raponua/ Maori Health Unit, 17
Team Xtreme, 19
Te Aroha Noa Community Services, 12
Tertiary Education Commission, 19
The Gambling Helpline, 9
The Learning Shop, 32
The Pregnancy Centre, 17
The Pulse – Whangarei, 32
Timaru Fishing School, 22
Toi Te Ora Public Health – Whakatane, 32
Trade & Commerce Centre Limited, 21
Training for You Limited, 21
Tui Ora Limited, 32
UCOL, 20
UCOL Christian Chaplaincy, 28
INDEX

Vibe Lower Hutt, 32
Vibe Upper Hutt, 32
Victim Support, 6
Waikato District Youth Transition Services, 32
Wairarapa Workforce Development Trust, 32
Wanganui YMCA Inc, 22
Wellstop, 12, 17, 19, 25
Westfono Health Trust, 30
Whai Marama Youth Connex - Waikato, 32
Whaiora Trust (Maori Mental Health), 15, 17, 26
Whakapai Hauora, 9, 12, 17, 26
Whakatipuria – Teen Parent Unit, 19, 27
Women’s Health Collective, 13, 17
Women’s Refuge, 6
Work and Income New Zealand, 26

Work and Income New Zealand - WINZ, 24
Work’n it Out (Timaru/Otago/Southland), 32
Workbridge, 15
Workbridge Incorporated, 23
WorkSmart, 23
YMCA, 29
YMCA Youth Corp, 29
Youth Action - life Church, 29
Youth Horizons, 33
Youth Line - Auckland, 33
Youth One Stop Shop, 9, 13, 18, 29, 33
Youth Services Trust – Wanganui, 33
Youth Transition Services Rotorua, 33
Youthlaw - Tino Rangatiratanga Taitamariki, 25
Youthline, 6, 29