



PARENT to PARENT

Northland

When you are caring for a child with a disability, health condition, or special need, you may have a lot of questions to ask.

You may feel lonely or isolated.



Parent to Parent can provide information on over 3600 conditions and issues connected with caring for a child with a disability, health condition or additional need. Support Parents offer a listening ear, share experiences and offer practical suggestions.

Telephone:

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Phone: 09 437 3337

Fax: 09 437 3337

Email:

northland@parent2parent.org.nz

Website:

www.parent2parent.org.nz

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Parent to Parent Northland

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With thanks to our Supporters in 2011/2012

COGS — Far North and Whangarei & Kaipara

ASB

Lotteries

Jubilee Trust

Domino Pizza, Whangarei

Lion Foundation

LW Nelson Trust

Haere Mai! Welcome to Parent to Parent
Northland.

**We offer a free and confidential
support and information service
for families and whanau who have
children
with a disability, health condition, special
or additional need.**

This little booklet is designed to give you an
idea of what we're about.

We welcome enquires, if you would like to
know more please get in touch with us.
Contact details are on the left.

Nga mihi hui, with best wishes,

Carole Powell - Regional Coordinator

Information



Our information:

- Is free to families and whanau
- Is researched and put together especially for **you**.
- Covers any disability, health condition or special need from allergies to XXYY Syndrome.
- Relates to specific conditions as well as issues around that condition.
- Has no age limits - information can be requested from pre-birth to adulthood.
- Is available to you at any time - there are no limits on the number of requests.
- Is delivered to you at home.
- Can be provided to professionals who support families and whanau.

Support Parents & Matching

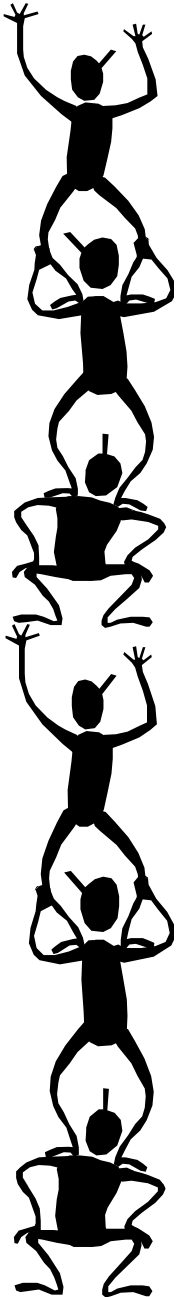


Our Matching service connects parents with one of our trained volunteer Support Parents who have a child or family member with the same or similar disability, health impairment, special or additional issue.

Our Support Parents:

- Are volunteers.
- Can support parents and carers of children with a diagnosed condition.
- Have been trained to offer support to other parents who need someone to talk to.
- Understand the highs and lows of caring for a child with additional needs.
- Can share experiences and offer practical solutions.

SibSupportN.Z.



SibSupportN.Z Programme workshop facilitators are siblings who have brothers or sisters with disabilities. They relate to the children, support them and acknowledge their issues.

SibSupportN.Z. is:

- Designed to provide an experience that will help siblings cope with the challenges of living with a brother or sister who has a disability or special need.
- For siblings aged from 8 to 18 who do not have special needs themselves.
- A chance to make friends with others who have similar experiences and feelings.
- An emotionally safe environment

Personal Support Course



This six hour course is especially designed to offer you the opportunity to learn how to navigate through your new life.

Helping you identify emotional responses, read the signs of stress and decide whose help might be needed on the journey, the course covers:

Grief

Life is a journey which is filled with highs and lows, even more so when dealing with the unknown. By learning that grief affects us all differently, we can help understand our journey and gain insight into others.

Stress

Working to find ways to help you cope with the demands and the highs and lows of life.

Support

Who are the people who make up your support network.

Family Resilience

Understanding ourselves is the start of trying to understand others. Every member of the family will be on the same journey but maybe in a different place. By understanding we have differences we can plan our destination together.



- Is an Information and Advice Service for people with Autism Spectrum Disorder, families, whanau and the wider community.
- Delivered by Parent to Parent New Zealand and LIFE Unlimited
- Provides tailor-made information packs specific to your enquiry, together with any other information we think may be useful to you.
- Can answer your questions.
- Information on local & community services.
- Clinical Psychologist Tanya Breen heads a Professional Expert Group supplying clinical & evidence based information and advice.
- Has a website listing an ASD Register of Service Providers.