

Central Otago New and Expectant Parents/Perinatal Support Services

| Name | Description | Contact | Website | Logo |
|-------------------------------------|---|---|--|---|
| Community organisations | | | | |
| Able Minds | Supporting families around mental distress of a loved one | 03 4489 303 | www.able.org.nz |  |
| Anglican Family Care | Family Start Home-based family support | 14-20 Centennial Avenue Alexandra 0800 326 2273 03 448 8228 | https://anglicanfamilycare.org.nz/ |  |
| Breastfeeding Support | Help and support for new parents La Leche League support and home visits | catkinbartlett@gmail.com 0800 546 650 027 451 2230 03 428 3979 lalecheleaguecrowell@gmail.com | https://wellsouth.nz/community/health-promotion-2/breastfeeding/breastfeeding-support-otago-and-southland/ https://lalecheleague.org.nz/contact/ |   |
| Catholic Social Services | Individual parenting support, social work and counselling | 14/20 Centennial Avenue Alexandra 03 4485385 | https://www.cathsocalservices.org.nz/ |  |
| Central Lakes Family Service | Family/whānau Support Family harm programmes | Community House 14-20 Centennial Avenue, | www.clfs.co.nz | |






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| | | Alexandra 0508 440 255 info@clfs.co.nz | |  Central Lakes Family Services |
| Family Works | Social work support Welfare and foodbank | 0508 396 678 enquiries@psotago.org.nz | https://psotago.org.nz/family-works/ |  |
| Mums 4 Mums Alexandra | Peer support for new mums | Drop-in centre: 1st & 3rd Wed of month, 10.30am- 12, Alexandra Baptist Church, 6 Gregg St. 021 040 7770 | https://www.facebook.com/mums4mumsalexandra |   2nd & 4th Wednesday The Hangout 10.30am  All welcome |
| Mums 4 Mums Cromwell | | Drop-in centre, 2nd & 4th Wed of the month. 10.30am - 12pm, The Hangout on Murray Terrace. Cromwell 021 0407770 | https://www.facebook.com/pages/category/Community/Mums-4-Mums-Cromwell-2123482014406182/ | |
| Parents Centre Alexandra | Preparation for birthing and parenting support Volunteer run Music and movement Annual events Fundraising activity | alexandra@parentscentre.org.nz | https://alexandra.parentscentre.org.nz/ For booking antenatal classes Alexandra.parentscentre@gmail.com |  |







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| | Meals4mums Home cooked meals for new or expectant families | 0274064480 meals4mums@gmail.com | https://m.facebook.com/Alexandra-Parents-Centre-177110965787515/ | |
| Playcentre Clyde and Coreap | Pepi Me Te Matua Baby & You Parenting programme | 36 Fache Street Clyde clydeplaycentre@gmail.com 027 880 2427 | https://www.coreap.org.nz/com-edu/categories |    |
| Plunket Alexandra/Clyde | Support service for health and wellbeing of Tamariki under 5 and whanau Breast feeding support | 14-20 Centennial Avenue Alexandra 03 474 0490 027 591 6050 | https://www.plunket.org.nz/plunket-near-me/alexandra-and-clyde-plunket-clinic/ |  |
| Plunket Cromwell | | 5 Murray Terrace, Cromwell 03 474 0490 | https://www.plunket.org.nz/plunket-near-me/cromwell-plunket-clinic/ | |
| Strengthening Families | A free service to coordinate support for families needing assistance with finances, food, practical needs | 027 4137421 strengtheningfamilies@coreap.org.nz | https://www.coreap.org.nz/about-us/strengthening-families |  <p>Strengthening Families Te Huarahi ki te Whakapiripiri I Ngā Whānau</p> |

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| The Compassionate Friends Central Otago | Support group for bereaved families including those who have lost a baby or child | 03 4326004 south@thecompassionatefriends.org.nz | http://compassionatefriends.org.nz/tcfotago.html |  |
| The Salvation Army | Advocacy support Court / prison support General welfare assistance Emergency accommodation, firewood, food Positive Lifestyle Programme (PLP) | 37 Royal Terrace Alexandra 03 448 9436 | https://www.salvationarmy.org.nz/centres/nz/otago-southland/alexandra/alexandra-corps |  |
| Uruuruwhenua Health | Mauri Ora - Health Clinics and support Whanau Ora - Navigation | 113 Centennial Avenue Alexandra 03 4488634 0800 878 8634 info@uruuwhenuahealth.com | https://www.ururuwhenuahealth.co.nz/about/ |  |
| Medical Centres | | | | |
| Alexandra Family Medical | Health Improvement Practitioner (HIP) and Health Coach | 18 Limerick Street Alexandra 03 901 6277 | http://alexfamilymed.co.nz/ |  |
| Cromwell Family Practice | | Unit 3 Cromtrade 2 McNulty Road Cromwell 03 445 4666 | https://www.cromwellfamilypractice.co.nz |  |

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| Cromwell Medical Centre | | 192 Waenga Drive Cromwell 03 445 1119 | https://www.crommed.co.nz/ |  CROMWELL MEDICAL CENTRE |
| Health Central Ltd | Health Improvement Practitioner (HIP) and Health Coach | 93 Tarbert Street, Alexandra 03 440 0295 | https://www.healthcentralnz.com/ |  HealthCentral <i>Your Centre of Wellbeing</i> |
| Junction Health | Health Improvement Practitioner (HIP) And Health Coach | 1A Traders Lane Cromwell 03 445 4688 | https://www.junctionhealth.co.nz/ |  Junction Health Central Wellbeing  Junction Health is a fully RNZCGP accredited training practice |
| Ranfurly Medical Centre | | 51 Tyrone Street Ranfurly 03 444 1073 admin@ranfurlymed.co.nz | https://www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/ranfurly-medical-centre/ | |
| Roxburgh Medical Centre | | 65 Scotland Street Roxburgh 03 446 8200 admin@rocmed.health.nz | https://roxburghmedical.com/ |  R O X B U R G H Medical Services Trust |
| Mental Health Support | | | | |
| 1737 | Talk to a trained counsellor | Free call or text 1737 Anytime 24/7 0800 1737 1737 | https://1737.org.nz/ | <p style="text-align: center; color: #00a0e3; font-weight: bold;">NEED TO TALK?</p>  |

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| Brief Intervention Service | Free assistance & support to people experiencing mild to moderate mental distress | GP or practice nurse referral 0800 477 1155 info@wellsouth.org.nz | https://wellsouth.nz/community/mh-concerns/brief-intervention-services/ |  <p>WellSouth Primary Health Network Hauora Matua Ki Te Tonga</p> |
| Central Lakes Community Mental Health Service | Moderate to severe maternal mental health distress | Hospital Street Clyde 03 440 4308 | www.southernhealth.nz |  <p>Southern Health He hauora, he kuru pounamu</p> |
| Emergency Mental Health Support | | Emergency 0800 467 846 Press 2 (OTAGO) | | |

Te Hau Toka

S O U T H E R N L A K E S W E L L B E I N G G R O U P

Updated December 2021