













Wakatipu new and expectant parents/ perinatal support services

Name	Description	Contact	Website	Logo
Community Organisations				
Able Minds	Supporting families around the mental distress of a loved one	03 448 9303	www.able.org.nz	
Anglican Family Care	Family Start Programme	0800 326 2273 03 443 6623	https://anglicanfamilycare.org.nz/	
Arai Te Uru Whare Hauora	Advice, advocacy, information and support to the migrant community	Frankton reception@araiteuru.co.nz	http://www.araiteuru.co.nz/#home	
Breastfeeding Support	Peer Support for new parents	catkinbartlett@gmail.com 0800 546 650 027 451 2230	https://wellsouth.nz/community/health-promotion-2/breastfeeding/breastfeeding-support-otago-and-southland/	
Central Lakes Family Service	Family & Parenting Support, Social Work, Counselling, Family Harm services, Perinatal Support	16B McBride St Frankton 0508 440 255 info@clfs.co.nz	www.clfs.co.nz	

Wakatipu new and expectant parents/ perinatal support services

Happiness House	Queenstown Community Support Centre clothing, food, counselling, information, advocacy	4 Park Street 03 442 6531 0279735535	http://happinesshouse.org.nz/contact.htm	
Lakes District Hospital	Maternity and social work services	20 Douglas Street Frankton 03 441 0015	https://www.southernhealth.nz/services/lakes-district-hospital-queenstown-hospital-services	
Mums4Mums	Peer Support Mums4Mums drop in group Walking Group	0800 546 650 027 451 2230	Mums4Mums Facebook Page	
Plunket Queenstown	Support service for health and wellbeing of Tamariki under 5 and whanau	8 Henry Street Queenstown 03 442 7380 queenstown.plunket@plunket.org.nz PLUNKETLINE 0800 933 922 Telephone Advice Service 24/7	https://www.plunket.org.nz/plunket-near-me/queenstown-plunket-clinic/	




Wakatipu new and expectant parents/ perinatal support services

<p>Arrowtown</p> <p>Remarkable Mums</p>	<p>Parenting education and information</p> <p>Peer support for Low mood, sleep deprivation, anxiety, isolation, adjustment to motherhood. Discussion topics focused on emotional wellbeing with a baby/toddler</p>	<p>20 Cardigan Street Arrowtown 03 4427380</p> <p>queenstown.plunket@plunket.org.nz</p>	<p>https://www.plunket.org.nz/plunket-near-me/arrowtown-plunket-clinic-2/</p>	
<p>Southern Wellbeing Trust</p>	<p>Free mental wellbeing GoodYarn workshops for new and expectant parents</p>	<p>info@southernwellbeingtrust.org</p>	<p>https://www.southernwellbeingtrust.org/</p>	
<p>SPACE</p>	<p>Supporting Parents As Child Educators</p> <p>Parenting Programme</p>	<p>The Salvation Army, 71 Gorge Road, Queenstown 03 442 9661</p> <p>Ruth.wilson@salvationarmy.org.nz</p>	<p>https://www.space.org.nz/home/find-a-space-programme/</p> <p>Facebook: Queenstown SPACE</p>	

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<p>Strengthening Families</p>	<p>A free process to coordinate a range of supports for families including assistance with finances, food, practical needs, therapeutic & health options</p>	<p>16B McBride St, Frankton 027 203 4547 niki@clfs.co.nz</p>	<p>www.clfs.co.nz Facebook: Wakatipu Strengthening Families</p>	 <p>Strengthening Families Te Huarahi ki te Whakapiripiri I Ngā Whānau</p>
	<p>Baskets of Blessing</p>	<p>Online referral info@basketsofblessing.org.nz</p>	<p>https://www.basketsofblessing.co.nz/meals/</p>	 <p>baskets of blessing meals</p>
	<p>Dovetail Meals</p>	<p>jmharfordbrown@gmail.com</p>	<p>https://www.facebook.com/groups/545099185595998/</p>	 <p>DOVETAIL MEALS QUEENSTOWN</p>
<p>The Baby Box</p>	<p>A baby box filled with useful items for a newborn is given to every baby born in the Queenstown Lakes region</p>	<p>Queenstown Lakes District Council babyboxtrust@gmail.com</p>	<p>https://groups.qldc.govt.nz/groups/show/baby-box-queenstown-lakes-charitable-trust/</p>	 <p>queenstown lakes Baby Box charitable trust</p>

Wakatipu new and expectant parents/ perinatal support services

<p>The Salvation Army</p>	<p>Social Services, Counselling, budget services, Op shop, Food assistance Space2play (Playgroup)</p>	<p>The Salvation Army, 71 Gorge Road, Queenstown 03 442 9661</p>	<p>https://www.salvationarmy.org.nz/centres/nz/otago-southland/queenstown https://www.facebook.com/thesalvationarmyqueenstown/</p>	
Medical Centres				
<p>Arrowtown Medical Centre</p>		<p>Berkshire Street, Arrowtown 03 450 1355</p>	<p>https://www.qmc.co.nz/contact-us/</p>	
<p>Queenstown Medical Centre</p>	<p>Health Improvement Practitioner (HIP) and Health Coach</p>	<p>9 Isle Street, Queenstown 03 441 0500</p>	<p>https://www.qmc.co.nz/contact-us/ Free same-day support regarding any wellbeing or lifestyle concerns for individuals enrolled at QMC</p>	
		<p>Remarkables Medical Centre</p>	<p>12 Hawthorne Drive, Remarkables Park 03 450 9199</p>	<p>https://www.qmc.co.nz/contact-us/remarkables-clinic/</p> 

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<p>Mountain Lakes Medical</p>		<p>44 Beach Street Queenstown</p> <p>Level 1 34 Five Mile Shopping Centre Frankton 03 442 7188 admin@mountainlakesmedical.co.nz</p>	<p>https://www.mountainlakesmedical.co.nz/contact/</p>	
<p>The Doctors, Wakatipu</p>		<p>11 McBride Street Frankton 03 442 2288</p> <p>4 Thirteenth Avenue, Lower Shotover 03 442 2281</p>	<p>https://www.wakatipumedical.co.nz/contacts.html</p> <p>https://thedoctors.co.nz/</p>	
<p>The Village Medical Centre</p>		<p>hello@villagemedicalcentre.co.nz</p> <p>03 441 4333</p>	<p>https://villagemedicalcentre.co.nz/contact/</p>	

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Mental Health Support				
1737	Talk to a trained counsellor	Free call or text Anytime 24/7 1737 0800 1737 1737	https://1737.org.nz/	<p>NEED TO TALK?</p> 
Brief Intervention Service	Free assistance & support to people experiencing mild to moderate mental distress	GP or practise nurse referral 0800 477 1155 info@wellsouth.org.nz	https://wellsouth.nz/community/mh-concerns/brief-intervention-services/	
Central Lakes Community Mental Health Service	Moderate to severe maternal mental health distress	19 Douglas Street Queenstown 03 441 0010	www.southernhealth.nz	
Emergency Mental Health Support		Emergency 0800 467 846 Press 1 for Southland		

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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

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