

Queer care



DIRECTORY
2025

Kia ora,

The Queer Care Directory aims to provide the rainbow community here in Ōtautahi Christchurch with a list of local and national inclusive and rainbow friendly services, businesses, organisations and resources.

We realise that for many rainbow people in times of distress that there may be a variety of barriers to accessing these services. If there are financial barriers for you or a loved one, please reach out to us as we may be able to support you in the way of koha.

Please note that this directory will be updated annually so at the time of developing this resource all resources and services are correct and accurate as known to us. We encourage you to share this resource with as many people, organisations and businesses as possible so our communities and allies can access whatever and whoever they may need to help improve their health and wellbeing.

If you would like your service to be included or would like to recommend a service, you think should be included please reach out to us at the contacts below or feel free to fill out the google doc registration form.

Email: queercarenz@gmail.com

Website: [Home](#) | [My Site](#)

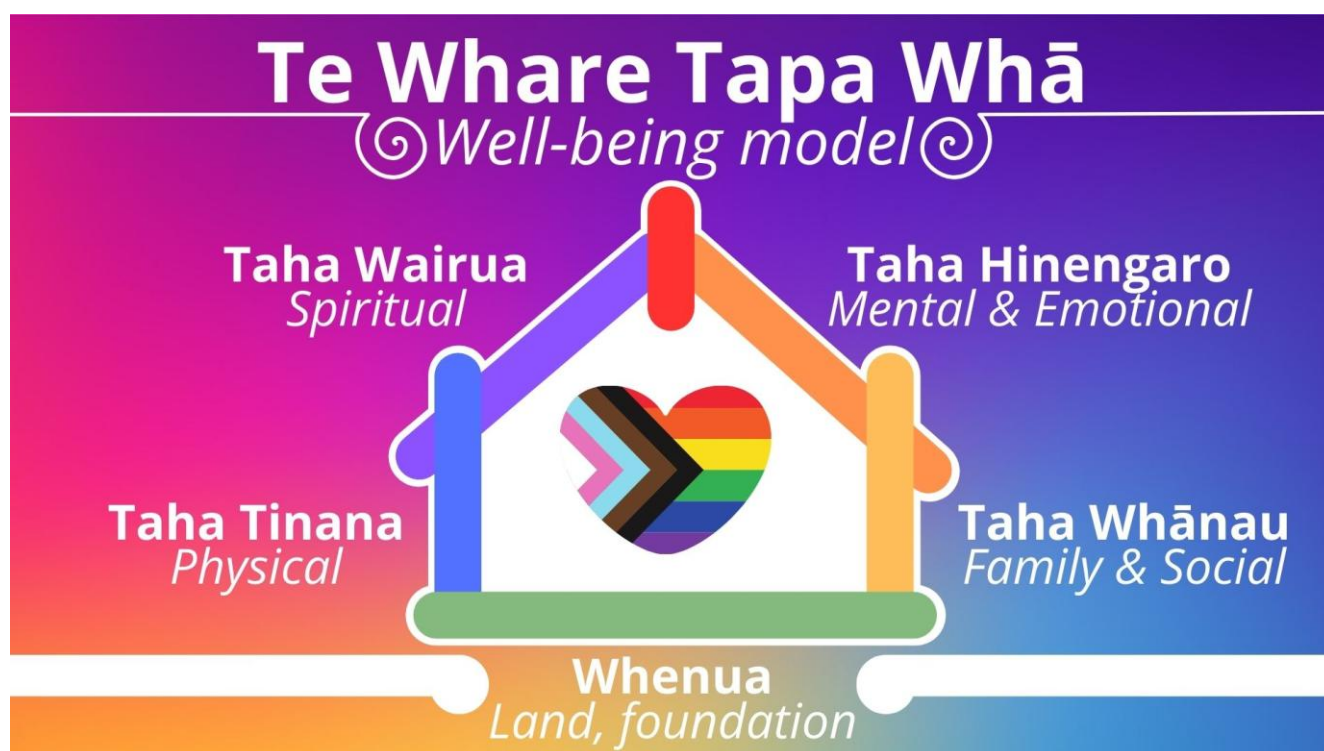
Queer Care Directory Registration Form: [Queer Care Directory Recommendations](#)



Te Whare Tapa Whā

Te Whare Tapa Whā is a well-being model unique to Aotearoa New Zealand and was developed by leading Māori health advocate Sir Mason Durie in 1984. The model looks at health and well-being as a whareniui (meeting house) with four walls. The walls represent **taha wairua** (spiritual) well-being, **taha hinengaro** (mental & emotional) well-being, **taha tinana** (physical) well-being and **taha whānau** (family & social) well-being.

Our connection with the **whenua** (land) forms the foundation. Just like a whare (house), when all these things are in balance, our well-being, is strong, stable and thrives, so each is just as important as each other.



Taha Wairua

Spiritual Well-being

Taha wairua explores your relationship with the environment, people and heritage in the past, present and future. The way people view wairua can be very different. For some, wairua is the capacity for faith or religious beliefs or having a belief in a higher power. Others may describe wairua as an internal connection to the universe. There is no right or wrong way to think of or experience wairua, but it is an important part of our mental well-being.





Taha Hinengaro

Mental & Emotional Well-being

Just like your physical health, your taha hinengaro/mental and emotional well-being needs to be taken care of. Taha hinengaro is your mind, heart, conscience, thoughts and feelings. It's about how you feel, as well as how you communicate and think.



Taha Tinana

Physical Well-being

Taha tinana is about how your body feels and how you care for it. Refuelling your body helps you to feel mentally well. Sometimes your tinana might not be where you'd like it to be and this might be beyond your control. What's important is that you do what you can to nurture it.





Taha Whānau

Family & Social Well-being

Taha whānau is about who makes you feel you belong, who you care about and who you share your life with. Whānau is about extended relationships – not just immediate relatives. It's your hoamahi/colleagues, friends, community and the people you care about. You have a unique place and a role to fulfil within your whānau and your whānau contributes to your well-being and identity.



Whenua

Land, foundation

Whenua is the place where you stand. It is your connection to the land – a source of life, nourishment and wellbeing for everyone.

Whenua includes soil, rocks, plants, animals and people – the tangata whenua. We are linked physically and spiritually to the land – it is the earth through which you are connected to your tūpuna/ancestors and all the generations that will come after you.

You can also think about whenua as your place of belonging – that means the spaces where you feel comfortable, safe and able to be yourself. It could be around your friends, at home with whānau, as part of a sports team or even at your place of study or mahi/work.



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Accommodation:

Gay Stay New Zealand

Website: www.gaystay.co.nz

GayStay NZ is a community enterprise run by volunteers who want to support a Rainbow Community venture. It's not a booking service, and we don't charge a commission. Accommodation listed on this site is provided by people from the rainbow community and ranges from budget to luxury

Hemsworth Estate

Website: www.hemsworthestate.co.nz

Contact: Rebecca

Hemsworth Estate is a women led historic estate offering escapes to the countryside for all your special occasions. Treat your loved one to a luxury escape at our Bed and Breakfast. Elope or get married in the English-style gardens and celebrate the finer things in life with High Tea. We also offer a variety of publicly ticketed events like High Tea in the winter, and themed parties in the summer (we even host a Bridgerton inspired ball!) We can also host milestone occasions with various options ranging from a High Tea to a custom Murder Mystery. Only one hour from Christchurch, and 10 minutes from Ashburton, Hemsworth Estate is welcoming to all.

Rainbow Housing NZ

Website: <https://www.facebook.com/share/g/YFhmWDAa1ZLtNPDi/>

A facebook group for Transgender and other rainbow people in Aotearoa NZ who are looking for houses or housemates, and trans/rainbow-friendly houses offering rooms.

Rainbow Flatmates Christchurch

Website: [Rainbow Flatmates Christchurch](#)  | Facebook

A facebook group for LGBT+ and allies to advertise rooms for rent or people looking to rent a room in Ōtautahi Christchurch.

Bookshops:

Scorpio Books

Address: Five Lanes at BNZ Centre, 120 Hereford St, Christchurch 8011

Website: www.scorpiobooks.co.nz

Scorpio Books is a local Christchurch institution. With a wide range of carefully curated titles, it is the best place to browse, chat about and buy books in Christchurch. Our knowledgeable and eclectic staff are always happy to help with a recommendation. And if we don't have the title you want, and it's still in print, we'll order it in for you.

Steadfast Books

Address: 17 Wise St, Addington, Christchurch

Website: www.steadfastbooks.co.nz

We're an old fashioned bookstore that caters for the dreamer, seeker, collector, and the next generation of readers. Christchurch's destination bookstore for a curated collection of quality second-hand fiction and non-fiction books. We are passionate on stocking non-fiction books, with 80% of our stock being in this category and 20% being classic and modern fiction. We work hard to ensure it's a safe and friendly environment for everybody.

Businesses:

Angelah Rose Makeup & Beauty Services

Instagram: @angelahrosemua

Facebook: Angelah Rose Makeup

Email: info@angelahrose.com

Website: www.angelahrose.com

For those who want to feel absolutely fabulous, I offer professional makeup services tailored for any occasion—be it a civil union wedding, a special event, or simply a night out. Let's create a look that truly reflects your unique style and spirit!

Anthony Deyn | Harcourts Gold Real Estate Agent

Phone: 021 724 778

Email: Anthony.deyn@harcourtsgold.co.nz

Anthony Deyn is a top real estate agent at Harcourts Gold, bringing over four years of experience in helping clients buy and sell homes in and around Christchurch. With a wealth of knowledge in expert negotiations and marketing strategies, he is dedicated to guiding his clients through every step of the real estate process. A local resident, Anthony lives with his partner Joe and their two dogs and is passionate about connecting with the community to assist people in achieving their property goals. His commitment to exceptional service and understanding of the local market make him a trusted partner for all real estate needs.

BindMe

Contact: Alex Dougherty

Email: bindme2022@gmail.com

Website: www.bindme.co.nz

Online website providing gender affirming products. Trans owned and operated.

Chloe Langley Photography

Phone: 021 164 7717

Email: clphotographynz@gmail.com

Website: www.chloelangley.nz/

Hi! I'm Chloe and I capture Fun! My style is creative and authentic and my primary emphasis lies in storytelling. I believe what matters most in life is the people and the connections you make. My aim is to capture your story in captivating images that bring your experiences to life.

Duke Wang | Ray White Real Estate Agent

Phone: 022 321 5933

Email: duke.wang@raywhite.com

Duke is in a long-term relationship with his same sex partner and is able to help other members of society with their home buying and selling journey with care and respect that they deserve.

Gooses Screen Design

Contact: Leeann Findlay

Website: www.gooses.co.nz

Queer owned apparel and merchandise supplier. Screen printer and embellishment specialist.

GRIFFIEON

Contact: Caleb Griffioen

Phone: 027 6370 231

Email: caleb@griffioen.nz

Website: www.griff.realestate

Caleb is a member of the rainbow community and a registered real estate agent specialising in residential real estate sales in Christchurch, Selwyn & Waimakariri.

Hungry Potato Food Truck

Contact: Parth

Email: hungrypotato2023@gmail.com

We have variety of food menu which can suit from kids to adult.

JosephDavid Architecture

Address: 312A Oxford Terrace, Christchurch

Phone: 021 063 5931

Email: joe@josephdavid.co.nz

Website: www.josephdavid.co.nz

Architectural Design Service Specialising in Residential, Commercial and Interiors.

Lee Cowen-Willis | Harcourts Holmwood Real Estate Agent

Phone: 027 431 7611

Email: lee.cowen-willis@harcourts.co.nz

Website: www.harcourts.net/nz/office/fendalton/people/lee-cowen-willis

Licensed Property Sales Agent - As a homeowner, investor and a passion for all things, Real Estate. I am excited to put my many years of customer service, my own experience in buying and selling houses and helping people to use. I have always been known to go the extra mile to get great results throughout my career, so I look forward to carrying that on in my Real Estate business. Having been a part of the Harcourts brand for over 6 years as the manager of the Harcourts International Helpdesk; I love the values that the brand and people live by - #Peoplefirst #Funandlaughter #Beingcourageous #Dotherightthing. These 4 values are the pillars as to how we operate. These values are engrained and the reason why Harcourts has been the most trusted brand in Real Estate for the past 11 years. I would love to help you find your next home.

Louise McLeavey and Partner Kelly Gottermeyer |

Harcourts Real Estate Agents

Phone: 021 820 610

Email: louise.mcleavey@harcourts.co.nz

Kelly and I have been together for 19 years and working together full time for the last 12 years, and we love it! We often get called the dynamic duo with Kelly focusing on the behind the scenes details whilst I focus solely on the qualifying of your buyers and negotiations between parties.

Our communication is what sets us apart and we truly complement each other ensuring a successful result on your behalf. Please call or email me because to get the very best price takes time, preparation and skill.

OEM Audio Ltd

Contact: Rebecca Miles or M O'Connor

Phone: (03) 365 2666

Website: www.oemaudio.co.nz

Supply and installation of Lumina Audio aftermarket car stereos and reversing cameras. Supply EV Power EV charging cables and wall chargers. We have a safe, welcoming and affirming environment for customers and staff members. All individuals are welcome, and correct pronouns used. Discrimination and harassment are not tolerated. Gender neutral toilet facilities provided. Warm and friendly customer service offered to all.

Shutterbug Photography

Contact: Kirsty Saxon

Phone: 021 128 4719

Queer wedding photographer who loves the rainbow community and is passionate about rainbow youth.

Celebrants and Justice of the Peace:

Angelah Rose | Marriage Celebrant

Email: Info@angelahrose.com

Instagram: @onlylovecelebrations

Website: www.angelahrose.com

As a passionate celebrant, I love bringing unique love stories to life. I work closely with couples to create personalized wedding/civil union ceremonies that honor your love and individuality, whether your celebration is traditional or completely non-conventional.

Cheryl Cowden

Phone: 027 431 7999 or (03) 365 5055

Email: info@dignitywithsincerity.co.nz

For those who require the services of a Lesbian Justice of the Peace.

Filia Armstrong-Marks | Celebrant

Phone: 027 461 4144

Email: FiliaArmstrongMarks1973@outlook.com

Themed union? Formal or traditional? Pooches as ring bearers? I can accommodate any idea. I can also assist with creation of vows and readings, obtaining the Civil Union certificate and will provide general advice and support for your special day. Information on legal specific. Also registered as a marriage celebrant.

Jen Shortley | Marriage Celebrant

Email: Jen.shortley@gmail.com

Specifically, I am a queer marriage celebrant who specially focuses on rainbow weddings and celebrations. I have a deep understanding of the queer community and some of the specific challenges they face when it comes to legal events. I understand pronouns, name changes and can make sure a wedding truly reflects the folks who are getting married.

Mark Darbyshire | Justice of the Peace

Phone: 021 0298 0873

Email: hello@markd.nz

Website: <https://markd.nz/jp/> or <https://www.facebook.com/MarkDarbyshireJP>

Justice of the Peace (certified copies, statutory declarations, affidavits, name and sex marker changes). I am gay, discrete, respectful of people's names and pronouns. Available to meet at various locations in Christchurch Central.

Neil Hellewell | Civil Union, Marriage and Funeral Celebrant

Address: 3/123 Chester Street East

Phone: 027 220 2348

Email: neil.hellewell@outlook.com

From modern to traditional, together we can develop an event that will ensure your day is memorable and a reflection and celebration of your relationship.

Counsellors, Therapists and Supervisors:

Bryan Wright | Registered Psychologist

Address: The Maidstone Centre, 78 Maidstone Road, Ilam, Christchurch 8041

Phone: (03) 366 6126 or 027 433 8109

Email: bryanwright@slingshot.co.nz

Contact: Bryan Wright Psychologist M.A. (Hons), Dip.Ed.Psych.,Dip.Tchg

Bryan is a gay friendly counsellor, treating gay people with respect and understanding. Available for individual or couple counselling. ACC accredited sexual abuse counsellor.

Burnett Foundation Aotearoa | NZAF Te Toka

Address: Unit 1, 275 Cashel Street, Christchurch Central City 8011

Phone: (03) 379 1953

Email: contact.tetoka@nzaf.org.nz

Website: www.burnettfoundation.org.nz

Contact: Peter Ford (Service and Outreach)

Free, professional and confidential counselling available to all gay and bisexual men and to any people affected by HIV and their significant others. Free, anonymous, simple STI testing including a quick rapid test for HIV and Syphilis.

NZAF has a vision of an Aotearoa with zero HIV transmission, where people living with or affected by HIV flourish, and a mission to prevent transmission, reduce stigma and maximise the wellbeing of those most affected by HIV.

Charlotte Cummings Counselling

Email: hello@charlottecummings.nz

Website: www.charlottecummings.nz

With a counselling career spanning 20 years, Charlotte has worked in both agency based and private practice counselling, She is rainbow friendly and supports individual adults and couples and has experience working with clients on a wide range of issues.

Frances Young | Wellbeing Advisor, Counselling Psychology and Facilitator

Phone: 021 237 2476

Email: mail@francesyoung.co.nz

Website: www.francesyoung.co.nz

Frances enjoys providing her LGBTQIA clients safe professional wellbeing support. No topic is off limits within Frances's professional scope of practice. Individuals, Couples and Family. Professional Supervision. MSc(Hons) Psych. & Couns. (with distinction). Otago Cert. in Public Health. Registered Member NZAC

Krystyna Rzoska | Registered Clinical Psychologist

Address: Racecourse Physiotherapy, 57 Epsom Rd, Sockburn, Christchurch 8042

Phone: 021 777 875

Email: Krystynarzoska@yahoo.com

Website: www.positivestep.co.nz

Contact: Krystyna Rzoska M.A. Hons (Psych), Dip Tchg. MNZPsS

Experienced in working with adult individuals and couples of all sexual orientations. Specialises in helping people learn psychological strategies to manage their psychiatric and emotional problems. ACC (sensitive claims) supplier.

Ross Palethorpe Counselling

Email: Rosspcounselling@gmail.com

Website: www.Ross-palethorpe.pagexl.com

Counselling for adults and young people in-person and online. Ross (he/him) is an NZAC-registered counsellor and a member of the queer community. He has extensive experience working with queer and gender diverse adults and young people, and provides a safe, affirming space for clients.

Serafin Upton | Counselling, Psychotherapy and Coaching

Phone: 022 406 9398

Providing counselling, psychotherapy and consulting services for individuals, families and organisations. Integrating evidence-based practice and clinical experience. I specialise in working with children, young people and LGBTI. ACC registered.

Te Puna Oranga Inc

Address: 687 Worcester Street Linwood, Christchurch, PO Box 24 239 Eastgate

Phone: (03) 381 8472

Email: info@tepunaoranga.co.nz

Te Puna Oranga is a non-profit community-based organisation committed to restoring the Mana, dignity and pride of individuals and their whanau through the process of holistic healing incorporating:

- Te Taha Wairua – Spirituality
- Te Taha Hinengaro – Awareness Te Taha Whanau – Family
- Te Taha Tinana – Physical Wellbeing

Counselling Services include: Confidential counselling, women and parenting programmes, whanau advocacy.

Valerie Attrill | Counsellor

Phone: 027 436 9807

Address: 88A Pine Avenue, New Brighton, Christchurch 8061

Email: attrillvalerie@gmail.com

Website: www.valerieattrill.nz

Valerie is a Queer friendly straight therapist. I have worked since 1976 in Counselling, Social work and Psychotherapy. I have supervised phone counsellors on the Gay and Lesbian phone counselling services.

Women's Centre

Address: 3/242 Ferry Road

PO Box 13054, City East, Christchurch 8141

Phone: (03) 371 7414

Contact: Rachel, Michelle or Lisa

The Women's Centre offers free counselling, legal consultation, crisis support, information, and resources. In addition, the Centre offers both free workshops as well as low-cost courses and a library with a diverse selection of books.

Youthline – Central South Island

Address: PO Box 7161, Sydenham, Christchurch

Phone: Counselling Line 0800 37 66 33 / Office (03) 379 4795

Email: talk@youthline.co.nz

Free Text: 234

Website: www.youthline.co.nz/csi

Contact: Trystan Swain (Manager@youthlinescsi.org.nz)

Youthline provides telephone, text and email support for young people and others who live or work with them. Youthline offers young people the space to talk and be listened to in a non-judging environment.

Emergency:

In the case of emergency call 111

1737

Phone: Free call or text 1737

Website: www.1737.org.nz

Whatever it is, we're here. Free call or text 1737 any time, 24 hours a day. You'll get to talk to (or text) a trained counsellor or talk to a peer support worker. Our service is completely free. We offer brief 1:1 counselling support where we focus on one or two key things you need support for.

Adult Speciality Mental Health Service

Phone: (03) 364 0482 or 0800 920 092 (option 1)

Staffed by Doctors, nurses and social workers. 24-hour service experienced in emergency psychiatric assessment and advice. Gay, Lesbian, Bisexual and Transgender friendly.

Aviva

Address: The Loft, Level 1 Eastgate Shopping Centre, PO Box 24161, Chch 8141

Phone: 0800 AVIVA NOW (0800 28482 669) – free 24-hour Support Line

Email: enquiries@aviva.org.nz

Aviva is a Canterbury-based, specialist family and sexual agency dedicated to making New Zealand Aotearoa violence-free. We offer an extensive range of integrated, specialist services to support all people, children, youth, and adults, to live free from violence and overcome its enduring harms. Aviva supports anyone regardless of age, gender, sexuality, ethnicity, faith, or socio-economic status. Our support workers have awareness around issues related to rainbow visibility, homophobia and transphobia.

Our services include:

- 24hr phone advocacy, advice, and support for family or sexual violence.
- Ministry of Justice approved education programme.
- Sexual Assault Support Service Canterbury (SASSC).
- ReachOut service for those using or at risk of using violence.
- Support to access refuge or alternate emergency accommodation through other agencies.
- Safe@Home review of home security needs.
- Specialist Peer Support from those with lived experience.
- Community development programmes.
- Seuga – for Pasifika men.
- Good Loans budgeting services and no- and low interest loans.

Battered Women's Trust Christchurch

Phone: Crisis Line 0800 733 843

Email: office@bwt.org.nz

Contact: Bianca (03) 332 4122

For women and children who are victims of domestic violence. Operated by women trained in domestic violence dynamics in LGBTQIA+ relationships.

Lifeline

Phone: 0800 543 354

Lifeline Aotearoa's 24/7 helpline offers free anonymous and confidential support. Volunteers on our community helplines undergo world class counselling training and supervision, providing a caring and professional service to a wide range of people in need.

They deal with many kinds of issues including psychological and emotional distress, financial and work issues, marriage, and family problems and with callers who are lonely, ill, depressed or the victims of violence or abuse.

We are committed to providing a safe, effective, and innovative service to support the emotional and mental wellbeing of our communities. Whenever you need to talk, we're here to listen.

Ōtautahi Women's Refuge

Address: PO Box 7537, Sydenham, Christchurch

Phone: (03) 379 6910

Email: admin@tewharehauora.com

24-hour Crisis Line and Support, safe accommodation, confidential residential care, rural services, appropriate referral agencies, education and training, lesbian services, Te Ara Atea (mandated/non- mandated person's programmes) tamariki programmes, residential and community.

West Christchurch Women's Refuge

Address: PO Box 33 292, Barrington, Christchurch 8244

Phone: 0800 REFUGE / 0800 733 843

Email: w.w.r@xtra.co.nz

24hr crisis response, advocacy, and support for domestic violence, committed to lesbian visibility.

Funeral Services:

Jill Stevens | Lamb & Hayward Funeral Director

Contact: Jill Stevens

Phone: (03) 359 9018

Email: Jill.stevens@lambandhayward.co.nz

Website: www.lambandhayward.co.nz

Lamb & Hayward provide funeral services with care, compassion, and integrity, whilst respecting your individual needs and diversity. We take the time to listen, ensuring every farewell we craft is a deeply personal and meaningful reflection of your loved one's is here to guide and support you and your family through every step of this journey, helping you honour your loved one with trust and care.

Dignity with Sincerity Funeral Services Ltd

Address: 78 Brisbane Street, Waltham, PO Box 35 046, Christchurch

Phone: (03) 365 5055

Email: info@dignitywithsincerity.co.nz

Website: www.dignitywithsincerity.co.nz

Contact: Cheryl Cowden

Cost caring funeral company New Zealand owned and operated by women. Looking after you and your loved ones in your hours of need.

Health Services and Information:

Burnett Foundation Aotearoa | NZAF Te Toka

Address: Unit 1, 275 Cashel Street, Christchurch Central City 8011

Phone: (03) 379 1953

Email: contact.tetoka@nzaf.org.nz

Website: www.burnettfoundation.org.nz

Contact: Peter Ford (Service and Outreach)

Free, professional and confidential counselling available to all gay and bisexual men and to any people affected by HIV and their significant others. Free, anonymous, simple STI testing including a quick rapid test for HIV and Syphilis.

NZAF has a vision of an Aotearoa with zero HIV transmission, where people living with or affected by HIV flourish, and a mission to prevent transmission, reduce stigma and maximise the wellbeing of those most affected by HIV.

The Eldernet Group

Address: 175 Shaw Avenue, Christchurch 8083

Phone: 0800 162 706

Email: team@eldernet.co.nz

Website: www.eldernet.co.nz

Contact: Linda Nicolson

The Eldernet Group hosts the Eldernet Residential Care directory that is searchable for providers of aged residential care that are Gay, LGBTIQ friendly. A free book showing services for older adults is also available by calling or emailing the friendly Eldernet team.

Here Toitū | Pegasus Health

Website: www.pegasus.health.nz/services-for-patients/here-toitu

Here Toitū is a service that helps individuals with a health condition or disability to find or maintain work, study, or volunteer opportunities, with the support of a kaimanaaki (health navigator). Standard Here Toitū service This service can help you find work or study opportunities if you have health issues and receive a benefit from Work and Income. Responding Early service This service can help you if you have a job but might lose that job because of a health condition or disability. A kaimanaaki and work retention specialist will work with you to support your health and wellbeing. We have rainbow staff available, and Pegasus Health has taken the Pride Pledge and are committed to rainbow wellbeing. We currently support rainbow clients.

High Street City Health

Address: 62 Riccarton Road, Riccarton, Christchurch 8011

Phone: (03) 341 8780

Email: doctors@cityhealth.org.nz

Website: www.cityhealth.org.nz

Contact: Dr Mick Ozimek

A complete GP service with a focus on issues important to LGBT youth. Experience in issues relating to sexuality, coming out, acceptance, sexually transmitted and HIV, as well as other health concerns. A friendly service. Prices vary. Wheelchair access.

Loren Creedon | LMC Midwife

Phone: 021 176 6822

Independent midwife. I have been in queer relationships therefore have an understanding of the community and have provided midwifery services to many queer families

Lumino Dentists St Albans

Contact: Andrew Paul

Address: [144](#) Cranford St, St Albans, Christchurch

Phone: 03 3559 380

General dentistry with simple to complex restorative options available. We pride ourselves on a high standard of care. I have been warmly welcomed by the queer community in Christchurch since 2016, and I love the chance to pay that forward to anyone looking for a safe space.

Merivale Podiatry

Podiatrists: Sophie Walls (Business Owner) and Georgina Barr

Address: 206 Papanui Road, Merivale, Christchurch 8014

Phone: (03) 355 9481

Email: reception@merivalepodiatry.co.nz

Home to the Ingrown Toenail Clinic and have a strong focus on Lower Limb Injury- Care and Rehabilitation, Cosmetic Nail Solutions, Dance Podiatry, and Podiatric Rheumatology. Children's Foot Health and Development, Orthotics, Innersoles, Bracing and Ankle Foot Orthotics (AFO). ACC provider. No referral necessary.

MK Osteopathy - Osteopath

Contact: Tom Shand

Email: tom@mkosteopathy.co.nz

Website: www.mkosteopathy.co.nz

Our purpose is to ease your pain and help you return to your normal activities as quick as possible. By combining osteopathic and myofascial techniques with rehabilitation exercises, our skilled team of practitioners can help you recovery faster and enjoy long-lasting results. At MK Osteopathy, we are here to educate and provide for you every step of the way.

National Public Health Service | Health NZ Te Whatu Ora

(formerly Community and Public Health)

Address: 160 Bealey Ave, Christchurch 8140

Phone: (03) 364 1777

We provide public health services to people living in the Canterbury, South Canterbury and West Coast regions. Over 120 staff work in offices in Christchurch, Ashburton, Timaru and Greymouth.

We aim to create environments, policies, communities, families/whanau that support healthy choices and lifestyles.

New Zealand Sign Language Interpreter

Phone: (Text) 027 426 3235

Email: shoshcleary@gmail.com

New Zealand Sign Language Interpreter who identifies as queer.

Piki Te Ora Health Centre/Union and Community Health Trust

Address: 201 Linwood Avenue, Linwood, Christchurch 8011

Phone: (03) 381 8048

Email: robyn@uchhc.org.nz

Contact Person: Robyn King

UHC is a not-for-profit community owned PHO providing low cost health services to a diverse client base. In addition to GP's and Nurses, we have Māori, Pacific Island and Afghani Community workers, and a counsellor. Our staff are queer friendly straight types, well used to working with marginalised groups, and comfortable with diverse realities and cultures.

ReWired

Contact: Carlos Tutepaoa

Phone: 021 243 6474

Email: carlos@tiwanaservices.com

Website: www.rewired.org.nz

ReWired is a support group for guys (cis or trans) and takatāpui tāne who have sex with other guys that want to make changes to their meth and other drug use, focused on the Party 'n' Play and chemsex scene. Our free groups run for eight weeks, giving you space to explore and discuss your relationship with PnP while learning some tools or strategies to help you reflect and make changes. We work from a harm reduction lens – meeting you where you're at to help shape and reach your individual goals. If you want a safe space to korero and make connections for 8 weeks, either online or in person, then ReWired is for you.

The Sexual Health Centre

Address: 314 Riccarton Road, Upper Riccarton, Christchurch 8041

Phone: (03) 364 0485

Email: shc@cdhb.health.nz

Contacts: Caro Davidson, Heather Young, Ed Coughlin

We aim to provide a quality service for everyone who has concerns re their sexual health. This includes confidential and free testing, treatment, counselling and information. A gay friendly professional environment.

Sexual Wellbeing Aotearoa (Formally Planning Flanning)

Address: 9 Washington Way, Sydenham, PO Box 40113, Christchurch 8011

Phone: (03) 353 7020

Website: <https://sexualwellbeing.org.nz>

Sexual Wellbeing Aotearoa provide a wide range of STI testing and advice as well as sexuality and relationship education trainings, resources and workshops for schools, educational institutes, health providers and for anyone who works and supports young people. Health Promoters can support both in person or online with free consultations throughout Aotearoa.

Te Hā – Waitaha Smokefree Support

Phone: 0800 425 700

Email: smokefree@cdhb.health.nz

Website: www.tehawaitaha.nz

Te Hā - Waitaha Smokefree Support offers free support to anyone in Canterbury. After you or your whānau register, a Quit Coach will contact you to discuss how we can best help. We will work with you to set a quit date and provide ongoing support so you can stay smokefree. We can tailor a smokefree programme that works for you after an initial conversation. This programme will include face-to-face sessions or follow-up by phone or both.

What can I expect?

- Access FREE Nicotine replacement therapy (patches, gum and lozenges)
- Customised support including
- incentive programmes
- Information on using medications,
- withdrawals and setting a quit date
- Use a Smokerlyzer for regular Carbon
- Monoxide readings

Te Tahī Youth

Address: 1/25 Churchill Street, Christchurch Central City 8011

Phone: (03) 943 9298

Email: admin@tetahiyouth.org.nz

Website: www.tetahiyouth.org.nz

Christchurch's Youth Health Centre is open at 1/25 Churchill Street. Providing free, accessible, confidential, medical and mental health care for 10-25-year-olds in the Christchurch area. Very queer friendly.

Warming the Whare for trans people and whānau in perinatal care

Link: [Warming the Whare for trans people and whānau in perinatal care by Te Pūkenga trading as Otago Polytechnic - Issuu](#)

Final deliverable report for the project "Understanding the need for trans, non-binary and takatāpui inclusive perinatal care" (HRC 20/1498), by Dr George Parker, Assoc Prof Suzanne Miller, Prof Sally Baddock, Dr Jaimie Veale, Alex Ker and Dr Elizabeth Kerekere.

Legal:

Community Law Canterbury

Address: 198 Montreal Street, Christchurch Central City 8011

Phone: (03) 366 6870

Email: admin@canlaw.org.nz

Website: www.canlaw.org.nz

Free legal help. Advice and information, both face to face and over the phone in Christchurch, Canterbury and Westland areas. See our website for hours. All staff and volunteers are LGBT+ friendly. We have experience in the legal process for changing gender markers on birth certificates. We also have an education team who can deliver talks/workshops in your community.

Corcoran French Lawyers

Contact: Ryan Keen

Phone: (03) 371 1043,

Email: ryan@cflaw.co.nz

Partner and LGBT staff member Ryan Keen along with the friendly and welcoming team at Corcoran French Lawyers provide personal and business legal help.

E A Law

Contact: Aliza Eveleigh

Phone: 027 418 3148

Email: info@alizeveleigh.co.nz

Employment and criminal lawyer. Aliza is a member of the queer community with experience as an ex-Qtopia board member.

Libraries:

Kawe Mahara Queer Archives Aotearoa

(formally Lesbian and Gay Archive NZ - LAGANZ)

Website: www.laganz.org.nz

We collect, preserve and make available for research the records and personal papers of LGBTTTQIA+ people and organisations in New Zealand. LGBTTTQIA+ means lesbian, gay, bisexual, transgender, takatapui, fa'afafine, intersex or queer and includes any same-sex attracted, transgender or intersex member of any indigenous community of the Pacific.

The Archives are owned by a Trust on behalf of the LGBTTTQIA+ community and housed in the Alexander Turnbull Library of the National Library of New Zealand, Wellington. Please contact the curators to access the collections.

Mental Health Education and Resource Centre

Address: Level 1, 12 Hazeldean Road, Addington, Christchurch 8024

Email: admin@mherc.org.nz

Website: www.mherc.org.nz

Contact: Sheree Menzies

The Mental Health Education and Resource Centre (MHERC) provides information, a free public library (Books, DVDs and CDs plus and e-library), as well as professional development and community education about mental health, wellbeing, mental illness and addiction.

Our services are available to everyone, including those who may be affected by mental illness, seeking wellbeing for themselves or others and those working in the mental health or social services sectors.

Opening Hours are Monday to Friday, 9am–4.30pm.

Women's Centre

Address: 3/242 Ferry Road, Waltham, Christchurch 8011

Phone: (03) 371 7414

Contact: Rachel, Michelle or Lisa

The Women's Centre offers free counselling, legal consultation, crisis support, information and resources. In addition, the Centre offers both free workshops as well as low-cost courses and a library with a diverse selection of books.

Media and Podcasts

Two Fat 'Fine Podcast

Website: [Two Fat 'Fine | Podcast on Spotify](#)

Moana Vā Presents: Two Fat 'Fine," where hosts Alex and MahMah bring you an unfiltered celebration of life. Proudly fat, queer, and joyful, they lead fortnightly episodes packed with laughter, heart-to-heart chats, and diverse stories. Each show balances humour and depth, featuring inspiring guests and engaging listener interactions. Join us as we embrace self-love, identity, and unfiltered joy in every episode. Welcome aboard Two Fat 'Fine!.

YOUR EX Magazine & Website

Contact: Matt Fistonich **Email:** advertise@gayexpress.co.nz **Phone:** 021 420 680

Contact: Oliver Hall **Email:** editor@gayexpress.co.nz

Website: www.yourex.co.nz

New Zealand's only national LGBTQ+ media for over 32 years.

Mental Health:

Mental Health Advocacy and Peer Support (MHAPS)

Address: 357 Madras Street, Christchurch Central City 8013

Phone: (03) 365 9479

Email: reception@mhaps.org.nz

Website: www.mhaps.org.nz

MHAPS is a peer-led and peer-delivered mental health and addictions service, meaning that all our staff have their own lived experience of mental distress and/or addictions, and of meaningful recovery.

Mental Health Foundation

Phone: (09) 623 4812

Email: info@mentalhealth.org.nz

Website: www.mentalhealth.org.nz

The Mental Health Foundation of New Zealand is a charity that works towards creating a society free from discrimination, where all people enjoy positive mental health and wellbeing.

We provide information and resources for anyone going through a difficult time, for people supporting someone they care about, and for anyone interested in mental health and wellbeing.

Rainbow Mental Health

Website: www.rainbowmentalhealth.com

This online guide and resource is for anyone who provides mental health support in Aotearoa, including (but not limited to) counsellors, psychologists, psychiatrists, psychotherapists, tohunga (Māori healers), social workers, mental health nurses, and GPs. It will also be helpful for youth workers, group facilitators, and peer supporters.

Natural Health:

Asti Renaut – Naturopath and Medical Herbalist

Clinic Address: 444 Papanui Road, Papanui, Christchurch 8053

Phone: 021 157 8966

Email: astirenaut@gmail.com

Website: www.astirenaut.co.nz

Qualified and registered medical herbalist and naturopath. 15+ years clinical experience has led me to work extensively with women's hormonal health, children's health, allergy and stress management, digestive issues and fatigue.

Jade Mountain Acupuncture

Address: No. 4 Coleridge Street, Hanmer Springs

Phone: 027 631 6958

Email: bournet@gmail.com

Contact: Tracey Bourner

Traditional acupuncture and Chinese herbal remedies (pills and capsules) for anything from sports injuries to fertility enhancement. Laser acupuncture available for children and the squeamish! Treatment available in Hanmer.

PIKO Wholefoods Co-Operative

Address: 229 Kilmore Street, Ōtautahi Christchurch Central City 8011

Phone: (03) 366 8116

Email: shop@pikowholefoods.co.nz

Website: www.pikowholefoods.co.nz

Specialising in wholefoods and organics, with a focus on local and low packaging goods. You are welcome to bring your own containers to fill up from our large range of on tap and bulk options. We can also deliver to you, details on website.

We have been a queer friendly workers' co-op for more than 40 years, with a percentage of our profit going back into our community.

Reiki Healing & Energy Work

Instagram: @onlyloveenergyreiki

Facebook: Only Love Energy Reiki

Email: info@angelahrose.com

Website: www.angelahrose.com

As a Reiki master teacher, I provide personalized Reiki sessions, both in-person and remotely. My aim is to help you balance your energy and enhance your well-being. I also offer Reiki training for anyone interested in learning this transformative practice.

Social, Entertainment and Hospitality:

Alice Cinema and Film Specialists

Address: 209 Tuam St, Christchurch

Email: info@alice.co.nz

Website: <https://alice.co.nz/>

Alice has 42,000 film titles on DVD which includes an extensive queer film selection as well as 2 boutique art house cinemas - a nirvana for cinephiles.

Bears Christchurch

Email: bears.christchurch@gmail.com

Website: www.bearschristchurch.org.nz

Facebook: www.facebook.com/bears.christchurch

Bears Christchurch is a group dedicated to celebrating gay men, their friends and admirers who like their men beary, hairy, chubby, stocky, or just a bit rough around the edges.

Internationally, the Bear Community is known for embracing a wide range of body types and attitudes beyond the stereotypical view of gay men. All shapes and sizes are welcome, and we are very inclusive. We also organise monthly events.

Catnap Cafe

Address: 391 Colombo St, Sydenham, Christchurch

Email: info@catnapcafe.co.nz

Website: www.catnapcafe.co.nz

Catnap Café operates as both a traditional café and as a home for rescue cats. Our mission is to provide a safe, fun and relaxing environment where cats and people can enjoy each other's company, and to promote adoption.

Christchurch Pride

Email: contact@chchpride.co.nz

Facebook: www.facebook.com/ChchPride

Website: www.chchpride.co.nz

Instagram: www.instagram.com/chchpride/

Christchurch Pride, like Ōtautahi itself, is growing stronger and stronger. We're excited to invite you, your friends and whanau to join us in celebrating who we are, our diversity and our city. We host Christchurch Pride celebrations annually in March and throughout the year, our aim is to make this a family celebration; to make it inclusive for all; to celebrate with pride and visibility; and to bring together the diverse groups within the LGBTQIA+ community in Ōtautahi Christchurch.

Christchurch Vegetarian Centre *(Veggie Puffs LGBT Vegan/Vegetarian Dining Group)*

Address: c/o Saltworks, 4 Ash Street, Christchurch 8011

Email: info@veganchristchurch.org.nz

Website: www.veganchristchurch.org.nz

Contact: Ro Soryl

Find the CVS on Facebook and Instagram.

The Veggie Rainbow Community were established in 2002, we are one of Christchurch's longest running LGBTQIA+ groups. The Veggie Rainbow Community dining group is open to all member of the gay/lesbian/bisexual/trans/queer/intersex/asexual community who enjoy plant-based food. The one proviso is that only veggie food can be ordered. Most of our members are vegans/vegetarians or have a veggie partner or just really like veggie food! The group meets at different restaurants. We dine at a variety of restaurants, both veggie and non-veggie. Also look for a veggie Rainbow Community event at Pride Week.

Claude's Kitchen

Address: 390 Ferry Rd, Christchurch

Email: claudes.kitchen.ltd@gmail.com

Phone: 027 531 0253

Instagram: www.instagram.com/claudeskitchen390ferryroad

Queer owned and operated Claudes Kitchen is a comfortable cafe with a wide range of delicious fresh cabinet food, hot pies and menu items. A friendly and welcoming atmosphere popular with locals.

Galaxy Arcade & Venue

Address: 206 Barbadoes St, Christchurch

Phone: 027 536 1438

Website: www.galaxybar.co.nz

Email: mathew.glanville@gmail.com

Arcade : venue : Food : Bar. We host queer events, we are a gathering place for many queer customers, our staff are all queer, it is a great good fun time at galaxy! (formerly ARCADIA)

Menfriends Altsexcafe

Address: 427 Tuam Street, Phillipstown, Christchurch 8011

Website: <http://www.menfriends.co.nz> or www.altsexcafe.com

Email: info@menfriends.co.nz

A private two floor space for gay bi and trans men with premium spa sauna and stream facilities and adult play spaces. Relax and meet other guys for time out, friendship and fun in a safe and supportive environment. Open 7 days, from 12 noon Weekdays and 11am Weekends.

Queer Film Reviews

Website: www.queerfilmreviews.com

Email: Michael@QueerFilmReviews.com

Queer Film Reviews focuses on LGBTQ+ cinema, providing in-depth reviews of queer films, regular articles that highlight common themes, and provides a growing Queer Film, Short, & Series Database with the goal of including ALL queer cinema and where to watch them!

Tender Buttons

Contact: Caitlin Tui

Email: Techcaitlin@gmail.com

Promotional company, organising queer centred events with performers and DJs. We book queer artists and promote events that are welcome to everyone in the LGBTQIA+ community. We think that inclusion should be about celebrating the range of identities and experiences that exist for a diverse community. Imaging queer utopia.

Windrose House

Contact: Séku 021 0298 8495

Website: [Windrose House | Instagram, Facebook | Linktree](#)

Email: windrosehouse.nz@gmail.com

We are an intentional community located in the heart of Christchurch, home to an international group of individuals, many of whom are part of the queer community. We actively host events, initiatives, and activism that support inclusivity, diversity, and connection. Windrose Community fosters a safe, inclusive, and welcoming space for queer folks and allies. We regularly organise events and initiatives that celebrate the LGBTQIA+ community, and we actively engage in queer activism.

Spirituality and Church Groups:

Aldersgate | Your Gathering Place | Puari Huinga.

Address: 309 Durham Street North, Christchurch Central City 8013

Contact: Rev (Philo) Philomeno Kinera

Phone: 021 521 118

Email: minister@aldersgate.org.nz

Website: www.aldersgate.org.nz

Aldersgate Centre is an initiative of the [Durham Street Methodist Church](#). We want to provide a warm and welcoming gathering place with soul – for community or business meetings and family events – open to people of all faiths or none. That’s the kind of church community we aspire to be - a place of radical inclusion, where everyone - no exceptions - is accepted and valued and given the invitation to help take the lead. Women, men and those who don’t find those labels helpful; whatever our disability, limitation or impairment; old, young, and everyone in between; gay, lesbian, straight and asexual; Māori, Pakeha, Pasifika, migrant, refugee, old-timer, and newcomer; faithful follower, honest doubter and convinced sceptic — all are welcome at the table at our central city church. Nau mai, haere mai. We are glad you are here.

Knox Church

Address: 28 Bealey Ave, Christchurch

Contact: Rev. Dr. Matthew Jack

Phone: (03) 379 2456

Email: minister@knoxchurch.co.nz

Website: www.knoxchurch.co.nz

Knox Church is Led by Rev. Dr. Matthew Jack, the only openly gay Presbyterian Minister in Aotearoa New Zealand and is a progressive congregation within the Presbyterian Church. We aim to create Christian community in which people of all ages, sexual orientations, cultural backgrounds and socio-economic situations are included as equally valued participants in our congregational life.

Oasis Lite – An MCC Christian Community in Christchurch

St Albans Uniting Church

Address: Corner Nancy Avenue and Knowles Street, Mairehau, Christchurch 8013

Contact: Neil Hellewell

Phone: 027 220 2348

Email: neil.hellewell@outlook.com

Oasis Lite is a community of people sharing and learning together, developing their Christian faith. It is a relaxed small group of people who welcome anyone along to join in and to be involved. Please check out the Services section of information and details of our meeting times, and please feel free to come along.

Sacred Spirit Circle

Instagram: @onlyloveenergyreiki

Email: info@angelahrose.com

Website: www.angelahrose.com

I facilitate Sacred Spirit Circle gatherings, creating a safe and nurturing space for our community to connect, share, and grow. Through guided meditations, spiritual discussions, and supportive dialogue, we cultivate unity and healing.

Sports and Recreation:

Christchurch Heroes Sports Trust

Facebook: www.facebook.com/ChchHeroes

Email: contact@chchheroes.nz

Christchurch Heroes is a collective of LGBTI+ inclusive sport teams which aim to empower the rainbow.

Lambda Lattes

Phone: (03) 3322 844

Contact: Tim

A walking group for lesbian and gay men. Mainly half-day walks on alternate Sundays to Lambda Day Trampers' schedule. Walks are easy/moderate some flat, others undulating and some hilly.

All walks start at 10am. Where possible the walks end close to a convenient café or other establishment for the enjoyment of coffee and other beverages. For a copy of the latest walking schedule or for information relating to the group please phone the above contact.

Lambda Trampers

Facebook: Lambda Trampers

Website: www.lambdatrampers.webs.com

Contact: Graham

Phone: (03) 389 3831 or 021 237 1564

Email: ptcchichester@xtra.co.nz

Friendly social walking and tramping group for lesbians, gay men and transgender of all ages and fitness levels. Tramps on alternative Sundays from the Lambda Lattes. Phone or email Graham for information or to receive a tramping schedule list.

Support Groups and Services:

Alcohol and Drug Helpline

Phone: 0800 787 797

Confidential information, advice and referral service for people with questions about their own or someone else's drinking or drug use. Caller can access brief interventions while those needing ongoing counselling are referred to appropriate local services. The lines are open 1am -10pm daily except Christmas Day and Boxing Day. A national service of the Alcohol Drug Association NZ

AIDS Hotline

Phone: 0800 802 437

24-hour hotline, providing free, confidential information about HIV and AIDS, including information on transmission, testing and treatments. It is an entirely automated service but also offers the option of a live counsellor if required.

Canterbury Men's Centre

Phone: (03) 365 9000 or (by TEXT only) 022 302 4966

Email: counsellor@canmen.org.nz

Contact: Noeline Allan

The CMC is the largest community counselling service in Canterbury and specialises in taking care of men. We have a wide range of counsellors on hand and during the planning session come up with the best one for you. We have all types of men using our service. We ask for payment if you can, but if you can't have ways to make this work anyway. Money is not a barrier to your care with us.

Christchurch Hepatitis C Community Centre

Phone: (03) 377 8689

Mobile: 027 687 0861

Email: hepc@rwc.org.nz

Facebook: <https://www.facebook.com/HepCChch>

Contact: Marilyn Brown (Team Leader)

We offer a free, non-judgemental and confidential service to address the needs and improve the health outcomes of those living with hepatitis C. Hepatitis C treatment (Maviret) can be commenced through the clinic and has a 98% cure rate. No appointment required, just drop in between clinic hours from 9am–3.30pm, Monday to Friday. All services are free. We look forward to meeting you.

Gender Minorities Aotearoa

Address: 130 Riddiford Street, Newtown, Wellington 6021

Phone: (04) 385 0611 or 020 404 92568

Email: genderminorities@gmail.com

Website: www.genderminorities.com

Gender Minorities Aotearoa, New Zealand's leading transgender organisation.

Run by and for transgender people; including binary and non-binary, irawhiti takatāpui, and intersex trans people. We support transgender people of all ages, cultures, and backgrounds.

We are a human rights-based organisation, operating on population health frameworks. Everything we do is an interactive process of listening to our communities and responding to needs. Most of what we do relates to three main categories, which are information, advocacy, and support.

InsideOUT

Phone: 027 331 4507

Email: hello@insideout.org.nz

Website: www.insideout.org.nz

Facebook: www.facebook.com/insideoutkoaro

InsideOUT Kōaro is a national charity working to make Aotearoa safer for all rainbow and takatāpui people. We provide resources, workshops, consulting, advocacy and support for anything concerning rainbow (LGBTQIA+) communities.

Kahukura Pounamu

Facebook: <https://www.facebook.com/KahukuraPounamu>

Email: punamatariki@gmail.com

We are a Takatāpui (lgbti+) network in Te Waipounamu based in Otautahi / Christchurch. Our aims are to create safe spaces to support initiatives by Takatāpui for Takatāpui.

Male Survivors Canterbury

Phone: (03) 377 6747

Email: survivor@canmen.org.nz

Contact: Matt Ashton or Matiu Taitoko

The MSC is a part of Canterbury Men's Centre. Our survivor team take care of any man with a history of sexual violence against them, using peer support. Our men experienced abuse themselves and know the many pathways men take to recover and to make the best of their lives.

Mana Tipua

Instagram: <https://instagram.com/mana.tipua>

Website: www.manatipua.nz

Mana Tipua is a kaupapa Māori organisation led by takatāpui, and is the only rangatahi takatāpui focussed organisation in Waitaha. Our purpose is to tautoko (support) the hauora (health & wellbeing) and mana of rangatahi takatāpui and their whānau, including all Māori with diverse genders, sexualities, and sex characteristics to enable them to flourish in the fullness of their identity.

Moana Vā | Navigators of Pacific Pride

Phone: 021 416 347

Email: info@moanava.org

Contact: Lana Shields

Website: www.moanava.org

Instagram: www.instagram.com/moana_va

We are a Pacific Collective addressing the need for a tangible community connection, support, advocacy, and mentorship for Pacific Rainbow LGBTQIA+ and MVPFAFF+.

The Lowdown

Website: www.thelowdown.co.nz

Welcome to the Lowdown, a space created with rangatahi, for rangatahi. Find support here for your Hauora, identity, culture and mental health.

OutLine

Phone: 0800 688 5463

Website: www.outline.org.nz

Outline is an all ages rainbow mental health organisation providing support to the rainbow community, their friends, whānau, and those questioning. We provide a nationwide, free and confidential 0800 support line for people who want to speak to a trained volunteer from the rainbow community.

Qtopia

Phone: 020 4080 1084

Email: connect@qtopia.org.nz

Website: www.qtopia.org.nz

Qtopia is a social support service for LGBTQIA+ young people, their whānau, and their communities, based in Ōtautahi Christchurch but servicing the wider Te Waipounamu. Qtopia runs social support groups for the whole community, including a youth group for those 13-18, specialist support for our trans and gender diverse whānau, a group for rainbow whānau, and regional support groups across the wider Waitaha region. Qtopia also provides individual advocacy, peer support, healthcare navigation, and an education programme to whoever needs it.

Rainbow Youth

Address: 11 Edinburgh Street, Auckland 1010

Phone: (09) 376 4155

Email: info@ry.org.nz

Website: www.ry.org.nz

Rainbow Youth is an Auckland based organisation that provides support information, advocacy and education for queer young people and their families.

ReWired

Phone: 021 243 6474

Email: [Thompsoncarlos400@gmail](mailto:Thompsoncarlos400@gmail.com)

Contact: Carlos Tutepaoa

Website: www.rewired.org.nz

ReWired is a non-judgemental support group for takatāpui tāne identifying whānau who want to bring their substance use into focus. This is a harm reduction model to add tools to your kete for your journey to wellness. If you want a safe space to korero and make connections for 8 weeks, either online or in person, then ReWired is for you.

Te Ngākau Kahukura

Website: www.tengakaukahukura.nz

Our vision is for rainbow people to grow up feeling safe, valued and that they belong in the places where they live, learn and access healthcare and social support. We work across a range of Kaupapa and sectors to build understanding, embed rainbow-competent practice and grow the capacity of people who are making change.

Thriving Madly

Email: admin@thrivingmadly.com

Facebook: www.facebook.com/thrivingmadly

Contact: Loren Harris **Email:** lharrismua@gmail.com

Website: www.thrivingmadly.com

Thriving Madly is a charitable trust located in Ōtautahi that aims to journey as and alongside Mad, Divergent and Neurodivergent people, families and communities to improve our status as citizens of Aotearoa New Zealand. Our focus is community transformation through connection. We aim to increase connections and participation opportunities within the community by growing spaces that are comfortable, accessible and welcoming of our diversity. We have a range of regular in person groups alongside an online community on facebook, discord and zoom, and an annual Divergence festival. Thriving Madly is an inclusive community with zero tolerance for homophobia or transphobia. There are queer persons on the board and many of the community are part of the Rainbow and Takatāpui whānau. The annual Divergence festival includes queer performers and artists.

What's Up?

Phone: 0800 Whats up | 0800 942 8787

Website: [www,whatsup.co.nz](http://www.whatsup.co.nz)

0800 Wat's Up is run by Barnados New Zealand. We're a free, nationally-available counselling helpline and webchat service for children and teenagers. For the past 19 years our counsellors have been helping callers to find solutions to their problems, equipping them with the tools they need to deal with situations now and in the future.

Women's Centre

Address: 3/242 Ferry Road, Waltham, Christchurch 8011

Phone: (03) 371 7414

Contact: Rachel, Michelle or Lisa

The Women's Centre offers free counselling, legal consultation, crisis support, information and resources. In addition, the Centre offers both free workshops as well as low-cost courses and a library with a diverse selection of books.

Suicide Support Services:

After a Suicide

Website: www.afterasuicide.nz

Find support and information after a suicide for whānau, friends and communities. You are not alone. This website is run by the Mental Health Foundation on behalf of the Ministry of Health. It includes input from people with lived experience of suicide loss.

Aoake te Rā

Website: www.aoaketera.org.nz

A free service that provides support and Manaaki to individuals and whānau who have lost someone to suicide. Through a brief therapeutic response our network of Providers will support our hāpori (community) in honouring their grief and letting it find a place in their adjusted future.

Aoake te Rā means 'a new sun rises' – the emerging light being a symbol of hope as whānau adapt to their loss. Our name was gifted by Hon. Peeni Henare, Minister for Whānau Ora, Associate for Māori Health and reflects the many voices of individuals, whānau and communities who have shared their knowledge and experience in creating a service that helps people navigate life after suicide loss.

Yellow Brick Road

Website: www.yellowbrickroad.org.nz

Formerly 'Supporting Families NZ' we're now Yellow Brick Road; a national organisation that provides mental health support for whānau who have a loved one experiencing mental health challenges.

Their programme 'Waves' is a practical, supportive grief-education programme which aims to support adults 18+ who have been affected by the suicide of someone they know. This eight-week evidence-based programme combines learning about suicide and bereavement, with small-group discussion and support.

Workshops and Education:

Hagley Community College

Address: 510 Hagley Avenue, PO Box 3084, Christchurch 8011

Phone: (03) 379 3090

Email: rw@hagley.school.nz

Website: www.hagley.school.nz

Contact: Rowan Milburn – Associate Principal 021 303 414

Hagley College has a diverse and inclusive culture. If you are interested in discussing enrolment or our programmes of study, please contact Rowan Milburn.

InsideOUT

Phone: 027 331 4507

Email: hello@insideout.org.nz

Website: www.insideout.org.nz

Facebook: www.facebook.com/insideoutkoaro

InsideOUT Kōaro is a national charity working to make Aotearoa safer for all rainbow and takatāpui people. We provide resources, workshops, consulting, advocacy and support for anything concerning rainbow (LGBTQIA+) communities.

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Email: connect@qtopia.org.nz

Website: www.qtopia.org.nz

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