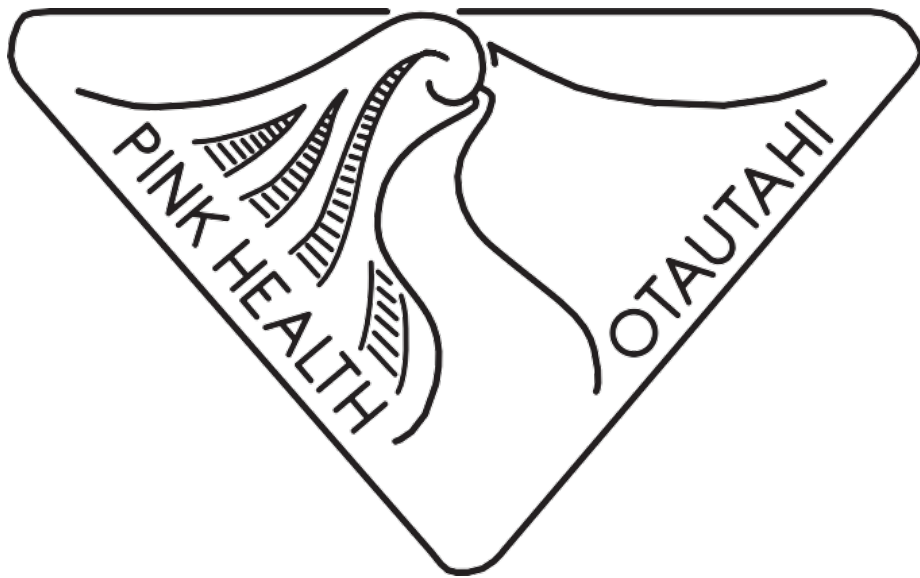


The **Pink** Pages



Canterbury

District Health Board

Te Poari Hauora o Waitaha

Disclaimer: Community & Public Health take no responsibility for the provision of services or accuracy of information contained in this directory

Ref: Authorised by: Date:

Contents Page

Accommodation.....	2
Bookshops.....	2
Businesses.....	2
Civil Union and Marriage Celebrants.....	3
Counsellors, Therapists and Supervisors.....	4
Emergency.....	6
Funeral Services.....	8
Health Information and Centres.....	8
Justice of the Peace.....	10
Legal.....	11
Libraries.....	11
Media and Online Resources.....	12
Mental Health.....	12
Natural Health.....	12
Social and Entertainment.....	13
Spirituality and Church Groups.....	14
Sports and Recreation.....	15
Support Groups and Services.....	15
Workshops and Education.....	17

Accommodation

Gay Stay New Zealand

Phone: (03) 319 8823 or 027 635 6658

Email: enquiries@gaystay.co.nz

Website: www.gaystay.co.nz

Accommodation on this website is provided by LGBT people. Most host anyone, some host only women or men. Accommodation varies from budget to luxury, B&B, Home Stay, Farm Stay, Vineyard Retreats, Men's Retreat, City Townhouse, Vegan B&B, Guesthouse, Eco-Accommodation, Motel, Motor Home Hire, throughout New Zealand. Often you share our home with us, just like having friends staying. We enjoy getting to know our guests, sharing life stories and travel adventures. Please check with the host via the link to confirm availability and tariff. Don't forget to mention Gay Stay!

Bookshops

Scorpio Books

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

Phone: (03) 379 2882

Email: enquiry@scorpiobooks.co.nz

Website: www.scorpiobooks.co.nz

Contact: Jo Hewitson / David Cameron

Since the 1970s, Scorpio Books has been a 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.

Businesses

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.

Civil Union and Marriage Celebrants

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.

Filia Armstrong-Marks

Phone: 027 461 4144

Emails: 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.

Chris Jones – Civil Union, Marriage Celebrant

Phone: (03) 342 6173 or 027 435 4523

Email: chris@iwedu.co.nz

Website: www.iwedu.co.nz

Chris Jones – Funeral Celebrant

Email: chris@ispeak4u.co.nz

Website: www.ispeak4u.co.nz

Civil Union, Marriage and Funeral Celebrant. I customise ceremonies, reflecting your wishes ensuring your ceremony is all you want it to be. Beginning with a blank sheet of paper, free meeting to talk things over to see if we 'click'. Friendly, personable, straight celebrant comfortable with all people.

Counsellors, Therapists and Supervisors

Valerie Attrill

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.

Frances Young, Wellbeing Advisor, Counselling Psychology and Facilitator est 1993

Mobile: 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.

New Zealand AIDS Foundation Te Toka

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

Phone: (03) 379 1953

Email: contact.tetoka@nzaf.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.

Registered Clinical Psychologist – Krystyna Rzoska

Address: Racecourse Physiotherapy, 57 Epon Road, 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.

Registered Psychologist – Bryan Wright

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.

Serafin Upton

Phone: 022 406 9398

Email: info@serafinupton.co.nz

Website: www.serafin.co.nz

Psychotherapy and coaching – 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.

Women's Centre

Address: 3/242 Ferry Road

Address: 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

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.

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.

Aviva

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

Phone: 0800 AVIVA NOW (0800 28482 669) – free 24hr 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:

- 24-hour 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 the use of 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

Otautahi 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

Dignity with Sincerity Funeral Services Ltd

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

Phone: (03) 365 5055

Email: info@dignitywitsincerity.co.nz

Website: www.dignitywitsincerity.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 Information and Centres

Wahine Whai Ora

Address: 276-284 Hereford Street, PO Box 1032 Christchurch, 8140

Email: judy@citymission.org.nz

Website: www.citymission.org.nz

Facebook: www.facebook.com/ChristchurchCityMission

Wahine Whai Ora is an alcohol and other drug, day Service for women aged 17 years and over.

It provides information, education, counselling and groups within a safe and welcoming non-judgemental environment.

We can refer you for Advocacy and/or Budget support. For Food parcels please phone 0800 787 855.

Community and Public Health

(a division of the Canterbury District Health Board)

Address: 310 Manchester Street, PO Box 1475, Christchurch 8140

Phone: (03) 364 1777

Contact: Diane Shannon

DDI: (03) 378 6755

Email: diane.shannon@cdhb.health.nz

We provide public health services to people living in the Canterbury, South Canterbury and West Coast regions. Over 120 staff are located in offices in Christchurch, Ashburton, Timaru and Greymouth. We aim to create environments, policies, communities, families/whanau that support healthy choices and lifestyles.

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.

New Zealand AIDS Foundation Te Toka

Address: 1/275 Cashel Street, Christchurch

Phone: (03) 379 1953

Email: contact.tetoka@nzaf.org.nz

Contact: Peter Ford (Services 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.

Piki Te Ora Health Centre/Union and Community Health Trust

Address: 201 Linwood Avenue, Linwood, Christchurch 8011

Address: PO Box 32081, Christchurch 8147

Phone: (03) 381 8048

Fax: (03) 381 8361

Email: robyn@uchhc.org.nz

Contact Person: Robyn King

UCHC 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.

298 Youth Health Centre

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

Phone: (03) 943 9298

Email: admin@298.org.nz

Website: Search 298 Youth Health on Facebook

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 LGBT friendly.

Family Planning

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

Phone: (03) 353 7020

Email: healthpromotionchristchurch@familyplanning.org.nz

Website: www.familyplanning.org.nz

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

High Street City Health

Address: 62 Riccarton Road, Riccarton, Christchurch 8011

Phone: (03) 341 8780

Fax: (03) 341 6811

Email: doctors@cityhealth.org.nz

Website: www.cityhealth.org.nz

Contact: Dr Mick Ozimek

A complete GP service, 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.

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

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.

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

Information and support for gender minorities.

Justice of the Peace

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.

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.

Libraries

Lesbian and Gay Archives of New Zealand – Te Pūtanga Takatāpui o Aotearoa

We collect, preserve and make available for research the records and personal papers of LGBTTIQ people and organisations in New Zealand. LGBTTIQ means lesbian, gay, bisexual, transgender, takatāpui, 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 LGBTTIQ community and housed in the Alexander Turnbull Library of the National Library of New Zealand, Wellington. Please contact the curators to access the collections.

Women's Centre

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

Address: 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.

Mental Health Education and Resource Centre

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

Address: PO Box 32035, Linwood, Christchurch 8147

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, DVD's and CD's 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, 9:00am–4:30pm.

Media and Online Resources

Express Magazine

Address: Level 1, 212 Ponsonby Road, Auckland 1011

Email: admin@gayexpress.co.nz

Website: www.gayexpress.co.nz or www.expresstoday.co.nz

New Zealand's newspaper of gay expression. Includes regional and national gay and lesbian news, opinions, feature articles, photos, an events guide and advertising.

Mental Health

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.

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 of our staff have their own lived experience of mental distress and/or addictions, and of meaningful recovery.

You're welcome to come in to our office at 357 Madras Street for a cuppa and a low-key First Step conversation with one of our peer workers, preferably between 10.00am and 1.30pm on a weekday.

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.

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 particular focus on local and low packaging goods. You're 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.

Jade Mountain Acupuncture

Address: No. 4 Coleridge Street, Hanmer Springs

Phone: 027 631 6958

Email: bournet@gmail.com

Contact: Tracey Bournier

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.

Social and Entertainment

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.

Coming Out For Coffee

Facebook: Search "Coming Out For Coffee"

We're a friendly bunch of mostly mature people who meet every second Friday night to have a coffee and chat. We are open, inclusive, caring and affirming to people of all gender and sexual identities. We'd like to share the load of anyone's coming out journey. Feel free to post questions, options of venues we could meet at and anything else you felt you'd like to share.

Christchurch Vegetarian Centre

(Veggie Puffs GLBT 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 GLBTQIA+ 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.

Menfriends Altsexcafe

Address: 427 Tuam Street, Phillipstown, Christchurch 8011

Website: 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.

Spirituality and Church Groups

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.

Sports and Recreation

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

AIDS Hotline

Phone: 0800 802 437

24hr 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.

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 New Zealand.

Canterbury Men's Centre

Phone: (03) 365 9000 or (by SMS 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 9:00am–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

Information and support for gender minorities.

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.

Qtopia (Phoenix, Qtopia, Youth Education Programme)

Phone: 020 4080 1084

Email: connect@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.

Women's Centre

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

Address: 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.

Rainbow Youth

Address: 11 Edinburgh Street, Auckland 1010

Phone: (09) 376 4155

Email: info@ry.org.nz

Website: www.ry.org.nz

Contact: RainbowYOUTHTeam – info@ry.org.nz

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

Workshops and Education

Women's Centre

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

Address: 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.

Qtopia (Phoenix, Qtopia, Youth Education Programme)

Phone: 020 4080 1084

Email: connect@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.

Hagley Community College

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

Phone: (03) 379 3090

Fax: (03) 379 3134

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.