

Family Works Northern



BACK FROM THE BRINK

Tanya moved house constantly but couldn't shift the emotional load she was carrying. After a series of crises and failed relationships, she'd hit rock bottom. She was struggling to be a good mum to her young son Xaviar and almost lost the will to live.

Family Works stepped in to support Tanya when the little boy started showing signs of distress at kindy. Though counselling, Tanya found a safe way to uncover her hurts and move towards a better future. Now mother and son are back on firm ground again. Life is stable and the sun is shining again.

“Counselling changed my mindset from feeling worthless to feeling capable and worthy.”



PAINTING THE PAIN

AWAY

When Hannah came for counselling at Family Works, she didn't want to talk about her dad or the violent things she'd seen him do. So the counsellor suggested art therapy as a way for the young girl to express her feelings instead. The result was an outstanding painting that demonstrated Hannah's resilience and her new-found strength and hope.

Hannah's mum was moved to tears when she saw the completed canvas. She decided to seek counselling for herself as well, realising that Hannah's wellbeing depended on her ability to overcome her own anxieties and fears. In this way, Hannah's artwork became the means of healing for two people.

THE DIFFERENCE FAMILY WORKS MAKES

Sourced from results based accountability survey 2015, or from comments made directly to Family Works staff:

“I think it is a wonderful service and I feel so fortunate to be able to access the professional help at the moment to help through a very tiring time.”

“Family Works are so good, they help my family and they can hear and feel my pain.”

“I have become more independent and am looking at life more positively, therefore I am happier.”

Family Works Northern

Family Works Northern builds strong families that learn, grow and thrive.
Our social services help make Aotearoa New Zealand the best place to raise children.

HOME SUPPORT

- + Family Works provides over **20** different services (including budgeting) in **11** locations from Whangarei to Turangi.
- + Family Works is the largest provider of social workers in schools (SWiS), with **65** social workers supporting **5,015** children in **118** low decile schools.
- + Family Works supported more than **16,300** children and their families in the last year.
- + Budgeting services supported **1,514** people.
- + **2,324** emergency food parcels given to people living below the poverty line.

NEW INITIATIVES

- + The growth of our Family Works Resolution Service.
- + The introduction of a Plunket Family Worker in Huntly.
- + The expansion of our Out of Gate service to include the families of women in prison.

PROGRAMMES & SERVICES

For whanau and families

- + Family counselling
- + Social work support
- + Strengthening Families Coordinator and lead agency
- + Women Against Violence (WAVE) programme
- + Family Dispute Resolution Services

For matua (parents)

- + The Incredible Years programme
- + Parenting through Separation programme
- + Strengthening Step-Families programme
- + Plunket Family Workers

For tamariki (children) and rangatahi (young people)

- + Child abuse counselling
- + Child and family counselling
- + Social workers in schools (SWiS)
- + Restore programme for children and young people who have experienced abuse
- + Youth workers in secondary schools (YWiSS)
- + Family Start home visits for babies and young children

For communities

- + Adult Victim Advocate (in the Family Safety Team in Hamilton)
- + Family Violence Response Coordinators
- + Community Violence Prevention Advocates.
(**Note:** Not all services are offered at all sites)



GOALS

- + overcome the effects of abuse
- + resolve challenging behaviour
- + develop parenting skills
- + strengthen family relationships
- + help children and young people make positive changes
- + increase confidence and self-esteem
- + encourage families to develop their own resources
- + advocate to prevent family violence
- + enable children and their families to connect with their communities

MEASURING OUTCOMES

Family Works surveys clients regularly to measure outcomes and improve services.

- + **96%** of children and families say that we met their needs.
- + **94%** of children and families agreed Family Works increases safety.
- + **92%** of adults and youth said we supported them towards their goals and helped them recognise what they do well.

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A service provided by



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