

What people say

"I liked talking about the things that were bothering me. It helped me feel better about stuff and about myself and it was good to laugh again."

"My goals were to make more friends (achieved) and to keep safe (achieved)."

"My son can now tell me when he's feeling sad and we sit down and talk about it together."



Contact Family Works Restore is provided at these Family Works sites:

Whangarei (Genesis Centre)

16 Mair St, Regent, Whangarei 0112
Ph: 09 437 6729
Email: admin.whangarei@fwn.org.nz

Whakatane

156 The Strand, Whakatane 3120
Ph: 07 307 1133
Email: admin.whakatane@fwn.org.nz

Waikato (Te Ara Hou)

100 Morrinsville Rd, Silverdale,
Hamilton 3216
Ph: 07 858 4413
Email: admin.waikato@fwn.org.nz

Rotorua

1083 Eruera St, Rotorua 3010
Ph: 07 349 0990
Email: admin.rotorua@fwn.org.nz

Tauranga (Hillier Centre)

31 Gloucester Rd, Mt Maunganui,
Tauranga 3116
Ph: 07 575 9709
Email: admin.tauranga@fwn.org.nz

Taupo

Tauhara Wing, Waiora House,
129 Spa Rd, Taupo 3330
Ph: 07 378 6480
Email: admin.taupo@fwn.org.nz

Other Family Works services are provided in these areas:

North Shore

PO Box 150, Albany Village,
Albany 0755
Ph: 09 448 2633
Email: admin.waitakere@fwn.org.nz

East Auckland

PO Box 14717, Panmure,
Auckland 1741
Ph: 09 580 1284
Email: admin.lesliecentre@fwn.org.nz

Waitakere

3 Montel Avenue, Henderson,
Auckland 0612
Ph: 09 835 1288
Email: admin.waitakere@fwn.org.nz

South Auckland (Te Hononga)

10 Mahia Road Manurewa,
Auckland 2102
Ph: 09 269 1009
Email: admin.tehononga@fwn.org.nz

Auckland (Leslie Centre)

37B Dornwell Road, Mt Roskill,
Auckland 1041
Ph: 09 639 2016
Email: admin.lesliecentre@fwn.org.nz

www.northern.familyworks.org.nz
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Presbyterian Support
Northern



Family Works
A PRESBYTERIAN SUPPORT SERVICE
NORTHERN

Restore

*Helping children affected
by family violence*



Family Works
A PRESBYTERIAN SUPPORT SERVICE
NORTHERN

Welcome to Restore

Family Works is here to help children feel safe at home and support those who are affected by family violence.

Family violence can take many forms – physical, emotional (through neglect), sexual or psychological.

Children who are struggling to deal with the effects of family violence may have the following symptoms:

- being withdrawn
- angry
- anxious
- unhappy
- overly compliant
- may be lacking energy.



Our Restore programme is designed to help children and young people to:

- overcome the effects of family violence
- develop ways to resolve problems and resolve conflict without violence
- have a safety plan and feel safe
- increase self-esteem
- build positive, healthy relationships.

Restore is a group or individual programme with age-appropriate content, run by trained Family Works facilitators. Some sessions include parents and caregivers; otherwise, you will be on the same premises when your child is attending the programme.

Restore is approved by the Family Court.

Programme topics

The Family Works Restore programme aims to help children/ young people understand and deal with the effects of violence and abuse.

Topics include:

- **learning** how to **express feelings** about violent experiences
- **developing** a healthy sense of self
- how to **meet your own needs** without hurting others
- how to **keep yourself safe**
- learning to **solve problems** positively.

Parents and caregivers will learn ways to:

- **address** challenging behavior
- **encourage** positive behavior
- **build** healthy family relationships
- make sure **positive change** is lasting.



What happens at the programme?

Restore is run during school term time and consists of eight weekly sessions of up to two hours each. We run the programme for separate age groups: 5 to 7 years old; 8 to 12 years old; and 13 to 17 years old.

Before you start the programme, you and your children will talk to a family worker about your needs. This helps us make sure the programme is appropriate for you.

Children and adults spend time together and separately during the programme. Sessions include group discussion, video clips and fun, practical activities facilitated by experienced Family Works staff. The programme ends with a celebration of the lessons learnt and positive changes made.

Please note: To make sure children / young people are safe, we ask parents/caregivers to complete an appropriate domestic violence programme themselves, either before or at the same time as Restore.

Who we are

Family Works Northern delivers social services to support children and families to learn, grow and thrive.

We're part of Presbyterian Support Northern, a charitable social services provider which strengthens New Zealand families as they face life's challenges.