

We can help you

Where to find us



Home and Family
Society Inc

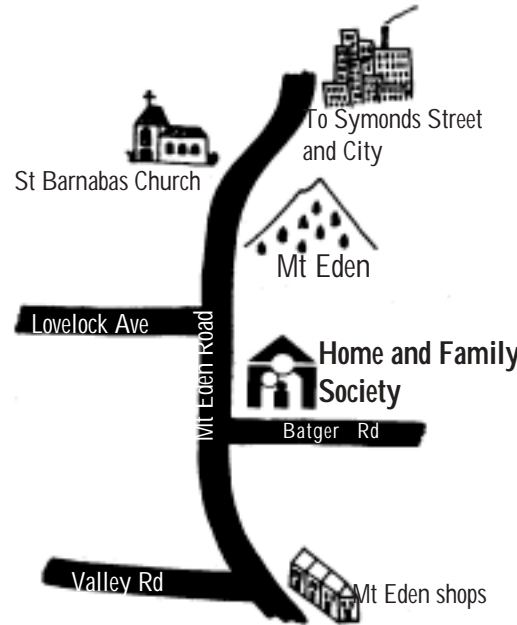
counseling and supporting people

New Start

a group programme
for migrant and
refugee women

Our mission

Home and Family is dedicated to working towards a better society by promoting the safety and well-being of all individuals, improving relationships and enhancing family life.



Home and Family Society Inc.

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تامہصرل او ضرور اب قلعتي اميف ددع لامل بلطل
اندل زوين يف تشي عمل طمنل في كتل اب قلعتي اميف وا
بقر فتاه دلع " فرس الاو تي بل ا دي عم جب " ل اصل الا اجرا
630 - 8961

راظن الا قماق دلع لي جس لائل
" كدي دجا ا دي ادبل " يع ام جلا جمان زبلل







अगर आप मानसिक आघात के
मसलों या न्यूजीलैंड के जीवन से
समायोजन के लिये सहायता चाहते
हैं तो होम एण्ड फेमिली सोसाइटी
से फौन 6308961 पर संपर्क
कीजिये ताकि आप हमारे नये
सामुहिक प्रोग्राम की इन्तज़ार सूची
पर रखे जा सकें ।

If you need help with trauma issues
or with adjusting to New Zealand life,
please contact the
Home and Family Society
on Tel: 630-8961
to be on the waiting list for our
New Start group programme.

New Start

a programme for migrant and refugee women

The Home and Family Society New Start programme strives to help women in specific ways, by:

-  offering a supportive environment in which group members can feel safe to share and learn
-  enabling group members to express their pain so that healing can begin to take place
-  exploring the effects of war, trauma and other violence and abuse to see it within a social, cultural and intergenerational context
-  encouraging group members to recognise and speak of their personal attributes
-  helping members gain an understanding of the importance of developing support networks as part of ongoing self-care and safety
-  restoring a sense of hope, dignity and empowerment as women adapt to the New Zealand way of life

Comments made by women who have attended the New Start programme

"Escaping from my country was very traumatic for me - I felt sure I would die. I look forward to the group each week as it has helped me deal with the trauma I went through."

"My children are caught between two cultures. I find this difficult as a parent so it is helpful to discuss this with others at the group."

"My husband's qualifications are not accepted here, he can't find work so he is very depressed and our marriage is now in difficulty. He doesn't help at home or with the children. I don't know how I would manage without this group."

"It is very confusing to connect to a new culture especially with no knowledge of what's going on and living on the edge of the community. The group helped me to make sense of it all and the experience gave me a sense of belonging."

This is an eight-week programme. The group sessions go for 2 ½ hours and are held once a week at the Home and Family Society counselling centre, 344 Mt Eden Road.

Each Group is led by professional, qualified counsellors experienced in working with women of different cultures, and who have personal understanding of the difficulties in leaving a homeland in order to settle in a new country. Between them, our programme leaders have many years' practical experience in working with groups as well as counselling individuals, couples and families.

In each group there are approximately 10 women and two female group leaders, but group numbers may vary a little.

All information and experiences shared within the group sessions are treated as confidential and members are asked not to talk about what others have said to people outside the group.

Women come to the groups with many different religious beliefs and all are respected and honoured. We have women join us from many continents - Asia, Middle East, Europe, Africa and islands elsewhere.