



# Community Connect

## Supporting Otago Families

SPRING  
2017

This edition we are looking at our free therapeutic services, which includes counselling for parents, play therapy for children or adults, and the Oceans grief and loss programme for children and young people.

### PLAY THERAPY

Sometimes adults think children are too young to understand their life experiences. However, children of all ages are shaped by their experiences, many of which are beyond their control. They may not understand what has happened to them, but they are significantly affected by it.

When these experiences are traumatic, difficult to understand, abusive or involve relationship attachments, the child may struggle to cope. Children often express these experiences in "difficult" behaviours. These early experiences can shape the child and, if not resolved, impact into adulthood.

Play therapy at Anglican Family Care uses a child-centred approach which means that the play is led by the child.

In our playroom the child will find an acceptance of them just the way they are, a deep respect for their ability to know what they need to do to address and repair themselves, and a genuine love of play and children by our therapist.

It is this combination that facilitates a safe therapeutic relationship, through which the child can begin to explore the issues they struggle with, to repair, and to regulate their behaviour.

Through the use of toys, and creative mediums such as art, sand, clay, sensory exploration, music





and drama the child will be facilitated to “play” through their issues. The child will not be hurried in their play; it is at their pace, allowing for deep emotional work to take place.

We see the attachment relationships of the child as an essential part of their wellbeing. We will work separately with the child, or child and parent/caregiver in the form of play sessions to repair and strengthen a child’s attachment.

Children come for a weekly session for a minimum of three months, which is frequently extended, depending on the child and their needs.

Our play therapy service is available in Dunedin and is suitable for children or adults, and we can work with both. All services are free.



For more information please call  
0800 FAM CARE or 03 477 0801 or email  
[enquiries@familycare.org.nz](mailto:enquiries@familycare.org.nz)



“Sessions have been brilliant. I was able to clarify my thinking about issues and recognise where I needed to make changes. These sessions have particularly had a positive impact on my relationship with my children. By working through issues I have been able to parent in a much calmer manner. I can now focus and try to meet their needs in a more positive way.”

## COUNSELLING

The counselling service at Anglican Family Care offers a solution focused approach of up to eight free sessions aimed at clients unable to access counselling support due to cost.

As the counselling service is a part of a Child & Family Support Service, the primary focus is to assist parents in addressing past or present issues that may be impacting on the well-being of their children and family.

Counselling supports people to identify strategies that will help them to manage life’s often complex and sometimes unexpected challenges.

The aim is to enable people to work towards living their lives in a more satisfying way, both personally and in their relationships with whānau.

Anglican Family Care provides counselling in a warm, welcoming and non-judgemental environment. It aims to support clients to find ways to enrich their own lives and the lives of those around them.

Counselling support is available to parents and caregivers in Dunedin. The counselling service at Anglican Family Care views the safety and well-being of children as paramount.

We accept self-referrals, or with consent, referrals from any other professionals involved in supporting a family.

Counselling is delivered by qualified and experienced counsellors who are members of the New Zealand Association of Counsellors.

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## OCEANS GRIEF AND LOSS PROGRAMME

Oceans is a grief and loss programme offered in North Otago that provides an opportunity for children or young people who are missing someone in their lives to:

- Share and learn from others in a group setting who have experienced a similar loss.
- Experience and learn from the programme activities developed to assist young people to cope with loss and change in their lives.
- Be supported by caring and trained facilitators who are experienced in delivering the Oceans programme.

Oceans is a peer support programme for children aged 5-16 who have experienced changes because a parent or someone significant in their lives has died or moved away because of separation or divorce.

Children learn to talk about their experience of grief and loss in a supportive environment.

The Oceans programme is based on one of the therapeutic models, the Continuing Bonds model of grief and loss. Each group of up to six children or young people is supported through the programme by two trained facilitators.

Oceans is an eight-to-ten week programme and each group meets for one hour a week.

The ten session topics include:

- Introductions
- Coping with my grief feelings
- Telling my story and listening to your story
- Memories and treasures
- Changes
- My strengths
- Looking beyond
- A celebration session

Anglican Family Care runs the Oceans grief and loss programme for children and young people in Oamaru.

**For more information please contact Peggy at [oceans.oamaru@familycare.org.nz](mailto:oceans.oamaru@familycare.org.nz) or phone 020 459 6900.**

**"I felt better over my parent's separation."**



# Please help us to help our community



We have been asked by the Ministry for Vulnerable Children/Oranga Tamariki to expand our Family Start services for vulnerable expectant parents, and parents of newborn and young children, into South Otago, Central Otago, Upper Clutha and Queenstown Lakes District from the 1st October 2017.

We are very excited that we will be able to reach families who live in isolated rural areas in Otago and provide services to support them through life's most difficult circumstances.

## But we need your help.

The funding we receive from our government partner

covers the cost of front-line staff salaries. But to reach vulnerable families in their homes we also need vehicles, computers, and phones, and funds to help cover essential business expenses such as rent, power and office supplies.

We would be extremely grateful for any donation, small or big, towards this expansion, and are blessed to have extraordinary supporters for the work we do.

Please help by completing and returning the form below or by clicking on "Donate" on our website.

Thank you very much!

## Thank you!

We have had some amazing donations from our supporters over the winter: beautifully knitted hats, jumpers and singlets and other children's clothing; essentials such as toiletries; toys for families to give as birthday gifts; and donations of funds, big and small. We, and the families in need we support, are extremely grateful.

We would also like to sincerely thank:  
Southern Victorian Charitable Trust  
The Pub Charity  
Central Lakes Trust  
COGS

for their support by way of grants in the last three months.

# Yes!

*I would like to make  
a difference to  
families throughout  
Otago*

My gift is \$

Please return  
this form to:

Fundraising Team  
Anglican Family Care  
266 Hanover Street  
Dunedin 9016



Internet Banking:

Anglican Family Care, BNZ 02 0912 0018828 07

Please put your name and "Spring 2017" in the particulars field and your address in the reference field.



Make a donation online at:  
[AnglicanFamilyCare.org.nz](http://AnglicanFamilyCare.org.nz)

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☐

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about your services and programmes.

My contact details are:

Name:

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[AnglicanFamilyCare.org.nz](http://AnglicanFamilyCare.org.nz)  
[enquiries@FamilyCare.org.nz](mailto:enquiries@FamilyCare.org.nz)

Donations over \$5.00 are tax deductible.  
Our Charities Commissions Number is CC 24152.