

Christchurch Support Points



A free resource developed by The Christchurch Aunties team, based on common questions and requests we receive from people. This information will be regularly updated and found at www.chchaunties.org.nz.

This list is not a definitive list of all support services in Christchurch. Contact your local Work and Income office, or visit www.cinch.org.nz, <https://mherc.org.nz/directory/consumer-services/community-support-groups> for more agencies and organisation who can help.

Organisation	Website	How They Help
Birthright Christchurch Inc	http://birthrightchch.org.nz/	work with single parents / caregivers to build confidence, skills and resilience
Budget Services North Canterbury	http://bsnc.org.nz/	free confidential budgeting assistance to people in the Waimakariri and Hurunui communities
Canterbury Men's Centre	https://www.facebook.com/canterburymenscentre/	drop-in and referral support for men in a crisis or who are looking to expand themselves
CareNZ Addiction Treatment And Recovery	https://www.carenz.co.nz/	a wide range of services and interventions for people with addiction
Christchurch Budget Service Inc	http://www.christchurchbudgetservice.co.nz/	providing budget advice and debt management solutions for vulnerable working people
Christchurch Methodist Mission	https://www.mmsi.org.nz	child and family services, social housing, group programmes and services for older people
Christchurch Resettlement Services	http://crs.org.nz/	Provides core services to enhance the resettlement of people from refugee and migrant backgrounds
Christchurch Women's Refuge	https://www.avivafamilies.org.nz/	Specialises in sexual and family violence services that support people to overcome effects of violence
Citizens Advice Christchurch	https://www.cab.org.nz/find-a-cab/	Free, confidential information and advice. Help people know what rights and how to access services they need

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City Mission	https://www.citymission.org.nz/	Food bank and support
Comcare Trust	https://www.comcare.org.nz	Range of services including social housing and support to people with mental health or addiction issues
Community Energy Action Charitable Trust	https://www.cea.co.nz/	Curtain bank. Free, independent advice on all aspects of your home's energy and health
Community Law Canterbury	www.canlaw.org.nz	Quality, free legal help to people in Canterbury, Grey and Westland Districts
Delta Community Support Trust	www.deltatrust.org.nz	Community Services that encourage community connectedness, inclusiveness and resiliency
Dress for Success Christchurch	https://christchurch.dressforsuccess.org/	Our volunteers work with you to choose an interview outfit and provide guidance for upcoming interviews
Ellesmere Food Bank	corryleonie@ellesmerefoodbank.com	Food bank
Linwood Avenue Community Corner Trust	https://www.facebook.com/LinwoodAveCommunityTrust/	Food bank and support
Lyttelton Community House Trust	http://www.lytteltoncommunityhouse.org.nz/	Community meals, support services
Phillipstown Community Hub	https://phillipstown.org.nz/	Community pantry and support
Pregnancy Help	https://www.pregnancyhelp.org.nz/	Practical support and advice to prepare for parenthood
Project Esther	https://www.projectesther.co.nz/	Single Mums Support Service, Womans Prison Ministry, emergency accommodation

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The Salvation Army	https://www.salvationarmy.org.nz/	Budgeting advice, food and clothing assistance, life skills programmes
Single Woman as Parents	manager@swap-inc.co.nz	
Skylight	www.skylight.org.nz	Supports people who are facing any kind of tough life situation, specialising in grief, loss and trauma
Space NZ Trust	https://www.space.org.nz/	Connections with other parents & their babies aged 0-4 months old in a safe, facilitated environment
START Inc	https://starthealing.org/	Intervention, counselling support for children, adults who have experienced sexual violence or other trauma
STOP Programmes	https://www.stop.org.nz/	Community-based assessment and intervention for adolescents, adults who have engaged in harmful sexual behaviour and for children with concerning sexual behaviours
Supporting Families in Mental Illness	https://supportingfamilies.org.nz/christchurch/	Free support, education and information for family and whanau of people with mental illness
It Takes a Village	https://www.facebook.com/ItTakesAVillageHubNewZealand/	Support, resources and services free from judgement, within a safe, respectful and understanding environment, to members of the Canterbury regions
Can Inspire Christchurch	https://www.caninspire.org.nz/	supporting people through illness, trauma and loss with CanBead and CanTackle workshops