



helping families

SUPPORT GROUPS

ADHD Support Group

For parents and caregivers with children with. Run at [Runway Foundation](#), 58 Glasgow Road, Pukekohe, Thursday fortnightly from 5th October, contact Brenda Branch 021 117 3923 email branchfamily40@gmail.com.

AS Club Beachlands Log Cabin Support Group

Meeting first Friday every month, 6.30-8pm, Log cabin, cnr Wakelin Road and Ealing Crescent. For mums, dads and kids including siblings. Contact [Sue](#) for more information. We also have mums only outings to the movies or dinners every now and then.

Auckland Whanau Special Needs Support Group

PACT Building, 311 Great South Road, Papatoetoe. A great way to meet other families and just get together. Meetings are held monthly November 7th. Please bring a plate to share. Children are very welcome and there is a big play area for them. Parents of children who have special needs often feel isolated, judged and frustrated until they meet other parents sharing a similar journey. To provide a fully inclusive support network for whanau or carers who are or have raised a child or is a person with special needs. They have a monthly support morning tea at PACT, 311 Great South Road, Papatoetoe on a Tuesday. Or North Shore - Nov 16th 10.30 till 12.30 Columbus Café 74 Taharoto Rd, Takapuna (held in the covered in outside area of café) Children very welcome. Phone Marlene on 021 120 3235. For more details search [Auckland Whanau Special Needs Support Group on Facebook](#)

Birkdale and Beachaven Coffee and Playgroup for parents with Autistic Children

First meeting 22nd September, 1-2.30pm. Come when you can to Birkdale Community House, 134 Birkdale Road. Everyone's welcome! Help shape this group to suit the needs of you the parents/caregivers. This is a flexible group, here to help you form support networks in the community. Make new friendships, find support, share stories and your challenges. There is a fully fenced playground and inside space that is comfortable and safe. All ages welcome. Tea, coffee and cake will be provided. \$2 donation. Please contact houses@birkdalebeachhaven.org.nz for any questions.

Burn Support Group

Offering individuals who have experienced burn injuries, and their families/whanau emotional and practical support during recovery and beyond. Email info@burns.org.nz or 09 270 0640

Chinese Families Autism Support Group

Runs every third Tuesday of the month. 9.30am-1pm. Please contact Sanny Chan at Disability Connect for more information on our meetings. To see flier in English or Chinese click here Contact Sanny 09 526 1298 (DDI) or 09 636 0351 or sanny@disabilityconnect.org.nz

Culturally Diverse Support Group (Otahuhu)

This support group runs monthly at Mt Richmond School, 30 Albion Road, Otahuhu, 5.30-8pm. All families with special needs are welcome to join this group – we welcome everyone from any culture and any disability. It is a great opportunity for parents to share their experience and network with each other. Please contact Asoka at Disability Connect for more information or bookings – phone 09 636 0351 or 027 457 8571 or email asoka@disabilityconnect.org.nz

Home and Family Support Group

For parents of children with Aspergers (any age), runs monthly in Albany. For more information contact Stephen May 09 419 9853 stephenm@homeandfamily.org.nz

Indian Families Social Group - Otahuhu

This is held at Otahuhu Town Hall Community House on one Monday night per month Indian families are very welcome to this meeting. It will follow a relaxed 'conversational' environment. Everyone is free to talk amongst themselves, make new friends, connect for support or just ask any questions you may be interested in. Please email admin@disabilityconnect.org.nz or asoka@disabilityconnect.org.nz or phone 09 636 0351 or text/phone 027 457 8571 to book.

Little Gems Playgroup

Hi everyone, my name is Lorena. I'm a mother of a gorgeous 6 years old boy, his name is James. My little man was formally diagnosed with autism when he was 3. I know firsthand how difficult it can be for parents looking to do their best after their

child diagnosed. I decided to create a playgroup for children up to the age of five (or six if they haven't started school), would be based on free play. The playgroup would also allow parents who faced the same experiences with children with autism to share advice and frustrations. Siblings are welcome. Every Tuesday 10am-12pm, 192 Parnell Road, Parnell, Parnell Plunket rooms. Gold coin donation. Contact Lorena 022 307 9263 or Annalee 021 264 2668

North Shore Autism Support Group

Support group for parents who have children on the spectrum of any age. The facility is safe to bring your pre-schooler if necessary although they remain your responsibility. Windsor Park Baptist Church, 550 East Coast Road, Mairangi Bay. Contact Helen Milmine 09 414 2164 email nsasdsupportgroup@gmail.com

Pasifika Autism Support Group

10.30am-12.30pm Riverside Community Centre – Cnr Peace and Bernard St, Mt Wellington 11th November. Contact - Brian 021 216 7772 (text), asdpasifika@gmail.com

People First Pukekohe

We want to meet and make new friends, have fun and help each other become great self-advocates. 22nd November. 6.30-8.30pm, 1/241 Manukau Road, Pukekohe. Contact Tina Nimeroda, 021 029 40118, tnimeroda@hotmail.com

Phab Social Groups for Teens/Adults with a Disability

There are locations across Auckland. For more information please contact Chewy chewy@phab.org.nz

Playgroup for pre-schoolers with ASD / Aspergers / ADHD - & Siblings

Every Wednesday during school term 12.30-2.30pm (BYO lunch). St Columba Presbyterian Church Pakuranga playgroup and crèche area. Cost \$2 per family. 480 Ti Rakau Drive, Botany (next to the ice rink) Contact Talita De Lange 021 132 8697 or email: specialkids.families@gmail.com

Safari Multicultural Playgroup

They welcome families from all cultural backgrounds living locally, as well as former refugee families Safari Henderson – Henderson Baptist Church, 321 Great North Road, Henderson and Safari Lynfield – YMCA Lynfield, 16 Griffen Rd, Lynfield, Safari Papatoetoe – PACT building, 311 Great South Road, Papatoetoe. Time 9.30am-12pm. Contact Cherie at cherieb@arms-mrc.org.nz or 09 973 2852

Sanity Break – North Shore Autism/Aspergers Support Group

3 ways to join group: 1 - Meet up informally, on the first Saturday of each month at Palmers Planet Botannix Café Albany at 3pm, to support one another with similar challenges. 2 - Join the Facebook 'SanityBreak' group page for additional support and a way to connect with others. This page has privacy settings set to "Secret", to help ensure that any posts are kept within the group. Welcome to North Shore Asperger's Support Group called 'SanityBreak'. We have members from around the North Shore whose lives are somehow touched by someone with Asperger's. Our primary purpose is to connect with others as a support group. We meet informally, on the first Saturday of each month at Palmers Planet Botannix Café Albany at 3pm. 'Table 1' is booked under name 'Joanna' Come along to the monthly meet-up to support one another with similar challenges. Or for more information click [here](#)

Sensational Siblings

For siblings of ASD Families 8-14 year old. Located in Takapuna every second Friday 6-8pm. Tom Mellor and Sarah Dent run this group. Please contact Chewy chewy@phab.org.nz

Smiledial

Smiledial meet quite often in Takapuna.

SWAN NZ – Syndromes without a name

SWAN New Zealand is a support group for New Zealand patients and families affected by an undiagnosed genetic condition – a 'syndrome without a name'. SWAN NZ was established by the New Zealand Organisation for Rare Disorders (NZORD) in 2016. For more information email swannz@nzord.org.nz or 04 385 1119

The Chat and Chill Group

A social skills group for students and young adults with Asperger Syndrome between 14-22years old. \$20 per week payable on arrival. Located in Royal Oak. Please contact Samantha McGillivray 021 069 2506 email info@speech4all.co.nz

This information has been updated until 18th December, please double check if there are changes prior.

Please look on our [Useful Links](#) section of our website for more services / organisations