



Need support? We're here.

If the past year has left you feeling out of sorts, we're here to help.

Maybe you're feeling anxious, sad, stressed, frustrated, or worried about your tamariki. You may be experiencing different feelings, and they might come and go. These feelings are understandable given the stress of recent weather events and it is perfectly normal to think and feel this way. Talking with someone might help.



FREE confidential & professional service available



Our counselling team can support you with strategies to get on the right track



We work with adults, tamariki, families & couples from all walks of life



You don't have to be physically affected by a natural disaster for your well-being to be impacted

CONTACT US TODAY ABOUT FREE MENTAL HEALTH SUPPORT IN WAIROA

Contact our Registered Counsellor Sharon on 0508 678 910 • 260 Marine Parade, Wairoa

www.napierfamilycentre.org.nz