



When you're ready!

When you're ready to talk about your alcohol and other drug use, or you're concerned about someone else, CADS is here to help.

call 0800 845 1818
www.cads.org.nz

Te Whatu Ora
Health New Zealand

CADS Pregnancy & Parental Service

Assisting pregnant women and parents of children under 3 years of age

We aim to improve the life outcomes for unborn babies and children under the age of 3 by working with pregnant women and parents with issues around alcohol and drugs.

Our team includes nurses, psychiatrists, psychologist, social workers and peer support workers.

We can:

- Work on your behalf to reduce judgement and stigma you might experience from other services
- Help you access antenatal care, parenting support, community and health services
- Work with you to identify and achieve goals to improve outcomes for your children
- Work with whanau and friends in a way that will support you
- Co-ordinate services to work together so your needs are best met
- Provide education on the effects of alcohol and other drug use during pregnancy and in relation to parenting

**We accept referrals from other services or
you can call us on 09 845-1818**

This is a free service