

Whānau Group is a group for family, caregivers and anyone who is concerned about a young person's alcohol or other drug use, and would like more information, advice, and support.

During the group we will:

- Share stories
- Answer your questions
- Discuss strategies and tools to help deal with difficult situations
- Provide support and assistance with managing stress
- Provide you with a group booklet that includes information, resources, and contacts

Once a week on Zoom

**Whānau Group meets online
each Thursday from 6pm – 7:30pm**

For more information or to join
contact us on 027 462 4580 or
call 0800 845 1818 and ask for the
Youth team

This is a free service facilitated by
professional alcohol and drug counsellors



Te Whatu Ora
Health New Zealand



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Altered Youth Service High



Youth Alcohol and Drug Services

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