



When you're ready!
call 845 1818
www.cads.org.nz



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 845-1818**

This is a free service