



BIRTHRIGHT (WAIKATO)

Te Whanautanga Tika Inc

Supporting Single Parent Families Since 1958

Date: Dec 2009
Issue: 11

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Inside this issue:

- Page 1—Greetings from Gill, Christmas Break Office Hours
Thank you for your Donations
- Page 2—Birthright & Community Noticeboard
- Page 3—Members form, Counselling Services, Supporters
of Birthright

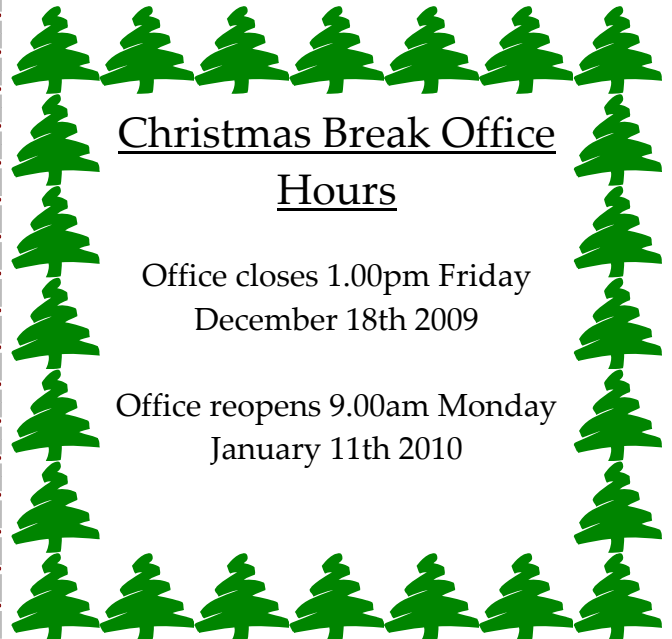
Kia Ora

Negotiating Christmas as a single parent or separated parents can be tricky. Relationship services offer some excellent advice about involving the children in discussions about Christmas arrangements. It is important that they don't feel they are being asked to choose between their parents or responsible for a parent who might be spending Christmas alone.

Remember that Christmas is a season not just one day so you could organise get-togethers pre or post Christmas celebrations. As most of us have been struggling with finances this year and Christmas only adds to the financial stress, parents need to be matter of fact with their children and explain they cannot have all they want. Children need to know that Christmas is not just about presents, quality time with family is the focus for the holiday season.

Wishing you a refreshing and fun holiday.

Gill



Christmas Break Office Hours

Office closes 1.00pm Friday
December 18th 2009

Office reopens 9.00am Monday
January 11th 2010

Thank you

Thank you for your donations of Christmas Presents and Sponsorship for children to attend Christmas Parties





Birthright Notice Board

Birthright Waikato Christmas Events

Christmas Party Lollypops — December 10th 3.30pm

Ages 0 to 6years. Gold coin donation

Christmas Party Steele Park — December 18th 2.00pm to 5.00pm

Ages 7 to 16 years. Gold coin donation.

The afternoon fun activities will be run by Kelly Sports with prizegiving at the end. A sausage sizzle and drinks will be provided

If you are a financial member and wish to register phone the office 838.0572

Uniforms

We have part uniforms for:

Fraser High School

Hillcrest High School

Hamilton Girls High School (Jackets Only)

Fairfield Intermediate



Community Notice Board



SELF DEFENCE

Thanks to the TOCH Trust, we are able to offer:

Self Defence for young women aged 10 - 12 years

When: Saturday 5th December 2009

Time: 9.30am to 2.00pm

Where: YWCA of Hamilton Corner of Clarence and Pembroke Streets

Mothers and older sisters are welcome to participate also.

To secure your place please call YWCA on 07 838.2219 or email
programmes@ywcahamilton.org.nz

Birthright Annual Membership for 2010

Date: _____

Subscription (\$10)

Financial (\$25)

Name: _____

Address: _____

City: _____

Phone: _____

Donation: \$ _____ Bank Account No 03 0306 0188421 00

Key Contacts at Birthright

Gill Overmire
Manager

Dianne Carter & Toia Chase
Counsellors

Maria Davis
Sycelia Tukuitoga
Whanau Support Workers

Sheryl Ririnui
*Client Services
Administrator*

**Phone 838.0572
Committee**

Soujan Mitra
David Coy
Brenda Kendrick
Shelley Walker
Marie Hutchinson
Clara Chan
Sharalyn Haddleton
Sandy Pokaia—*Iwi Advisor*

Birthright Counselling Services

Issues for counselling could be:

- * Parenting Apart
- * Children's behaviour
- * Depression & Anxiety
- * Past Abuse
- * Grief and Loss
- * Relationships
- * Wellbeing
- * Stress
- * Addictions
- * New directions

Counsellors available Mondays, Wednesdays & Thursdays

Dianne Carter MNZAC
Toia Chase MNZAC

For a professional, confidential and affordable service, ring us today on Ph 838 0572

Welcome to Ewan a second year male counselling student available for appointments on Mondays

Many thanks to our funders and supporters for 2008-9

Tidd Foundation
Hamilton City Council—CAPS
Donny Trust for this Newsletter
Lion Foundation
Southern Trust
Ngaruawahia Christian Yth Camp
Rotary / JR McKenzie Trust
Lotteries
Perry Foundation
Child Youth & Family Services
Norah Howell Trust
WEL Energy
Trust Waikato
COGS
Community Post
Contours Gym (Pukete)
John Illot Charitable Trust
Aberdeen School
Rototuna School
BP

Important Telephone Numbers

CYFS	0508 326459
Domestic Violence Support	855 1569
Lifeline	0800 543354
Work and Income	0800 559 009
Victim Support Helpline	834 9449