



Post Natal Distress Support Group

When: 10.00am to 12.00pm (ish)

Tuesday (excluding statutory and school holidays)

We recommend you come at 9.45am if you have children to settle into the crèche.

Where: *Waitakere Women's Centre, 111 McLeod Road, Te Atatu South.
(corner of McLeod and Te Atatu Roads).*

This is a gentle, safe environment for you to be with other women who are experiencing similar feelings and symptoms. It is a time for you to share what's going on for you if you wish.

You can attend as often as you feel you need to and you can be from anywhere in Auckland.

It is a free service and we provide a free crèche for the duration of the group.

You don't need a referral from your Dr or any other practitioner or specialist.

PND Support Office Hours: 9.30am – 12.30pm, Tuesday to Friday.

During this time the phone is manned by the coordinator and the office is open to 'drop in' visits for support and or information. Please phone ahead if possible as the coordinator does attend meetings both in and away from the office.

Office Location: *2 Claude Brookes Drive, (Tui Glen Reserve, off Edmonton Road), Henderson. Follow Claude Brookes Drive until it fork, take right fork down slight decline into the public car park area at front of building. Ask at reception for PND Support.*

Mission Statement

"To maintain a quality service which provides information, resources and support for women and families affected by Post Natal Distress. To promote awareness and acceptance of Post Natal Distress in the wider community."