

General Counselling

Heart Counselling Agency admin@heartcounselling.org ph Stacey on 0275 735 362 as first point of call for all general counselling needs.

Headed by Selena Needham the agency has a growing team offering a wide range of general counselling and support groups. Their range of services currently includes

- Couples & Relationship Counselling
- Women & Maternal Health
- Family Violence
- Significant others living with addiction
- Youth
- Workplace bullying and redundancy
- PTSD and Trauma
- Grief

Clare Barnett clarebarnett.co.nz text 021 170 2661

Nancy Shirley changeofmind@xtra.co.nz 021 173 4900 – specialist in trauma, anxiety & depression

Michael Hughes – 021-055-0405 transformingtrust@gmail.com available evenings & weekends

Ruth Harlow ruth@harlow.net.nz 021 041 3493 –

Couples Counselling

- **Bryce Diprose** bryce@counsellingworx.co.nz Ph 021 179 4556
- **Dianne Carter** <1diannecarter@gmail.com> Ph 0211363261
- **Ruth Harlow** ruth@harlow.net.nz 021 041 3493 – trained in Imago Relationship counselling (recommended)
- **Michael Hughes** – 021-055-0405 transformingtrust@gmail.com available evenings & weekends
- **Jenny Ensing** - 027 536 7464 - jenny.ensing@gmail.com
- **Heart Counselling Agency** admin@heartcounselling.org ph Stacey on 0275 735 362

Children

Jenhai Weeding childtherapy4life@gmail.com text 027 884 5312

- Play therapy ages 3 – 10 y.o
- Infant-parent attachment work

Michael Hughes – 021-055-0405 available evenings & weekends – Trauma in children

Lynne Miles 021 138 0265 lynne.may.miles@gmail.com

Youth

- **Heart Counselling Agency** admin@heartcounselling.org
- **Joanna Richards** at Barnardos 07 958 0246
- **Lynne Miles** 021 138 0265 lynne.may.miles@gmail.com

Sex and Porn Addictions

Hamilton & Waikato

- **Scott Henry** 021 345 712 shcolng763@gmail.com
- **Rebecca Green** 0274365737 rcg0303@gmail.com Hamilton & Franklin
- **Jenny Ensing** 027 5 367464 jennyensing@gmail.com <https://about.me/jenny.ensing>
- **Kim Fluhler** 0211751461 kimfluhler@yahoo.com
- **Catherine Simwinga** 0284173440 polacounselling63@gmail.com.
- **Mark Whittaker** <2restore@gmail.com> 021 792 464
- **Lynn Meredith** 021 190 0719 lgmcounselling@gmail.com Putaruru

Regional

- **Sara Smallman** Art Therapy Works Ltd. **Waiuku** Health Centre, Ph. 0210399188
sarasmallman@arttherapyworksltd.com
- **Judy Deeming** 027 293 2517 Fanklin
- **SASA network** <https://sasa.nz/> (NB Robert Jenkinson is listed but not taking new referrals)

Sexual Abuse (ACC Sensitive Claims Counselling) <https://findsupport.co.nz/>

- **Clare Barnett** <https://clarebarnett.co.nz/contact.html>
- **Counselling Worx** 07 859 2929 Admin@counsellingworx.co.nz
- **Heart Counselling Agency** admin@heartcounselling.org
- **Triskele** <admin@triskele.co.nz>
- **Empowered Life Ltd** kerryn@empoweredlife.co.nz 021 421 239
- **Male Support Services MSS Reception** mssatw.reception@xtra.co.nz
0800 677 289
- **Heartland** 07 444 5007 or 0272441496
- **Theramas** <http://www.theramas.co/>
- **Nancy Shirley** changeofmind@xtra.co.nz 021 173 4900
- **Lynne Miles** 021 138 0265 lynne.may.miles@gmail.com

Drug & Alcohol Issues

- **CareNZ** 0800 499 469 waikato@carenz.co.nz <http://www.carenz.co.nz/>