

Other Groups and Services

Acupuncturist Herbalist ACC provider

Backpain, Sciatica, Arthritis, Period Pain, Skin conditions

Contact: Dr Gina Iiu 09 534 8458 or 022 0299 731



Azure Counselling with Barbara

Grief & loss, trauma or abuse? Are you in need of help?

Barbara Wright (B. Sc Dip Couns. DCRT, MNZAC)

Ph: 021 780 300 Email: azurecounselling@xtra.co.nz



*Breast Screen Aotearoa Mobile Bus

Mobile Bus in the front carpark

Contact: 0800 270 200 | countiesmanukau.health.nz



Cervical Screening Clinic

Counties Manukau Super Clinic free Cervical Screening

Contact: (09) 250 8023



Green Prescription (Sport Auckland)

Healthy lifestyle advice and support.

Contact: Kavneet 022 043 1295 | Weds 11.30am



Grief Centre

Grief and loss support for those in need.

Contact: (09) 418 1457 - office@griefcentre.org.nz



Highland Park Community Crèche

Affordable & experienced preschool child care Crèche.

Contact Sue Ellis: (09) 533 9500



Children's Birthday Party Place

Looking for a weekend birthday party venue? The crèche is the perfect place for your child's party. Full outdoor play area with large sandpit and play equipment.

Undercover play on wet weather days.

Contact Sue Ellis: highlandparkcreche@xtra.co.nz



ME/CFS Support

Free support, advocacy, community connection & illness management info for people with ME/CFS including Long COVID & related conditions.

Meets last Thursday every second month from 12:30pm

Contact: Natalie: 0800 632 553 | Starts 29 Feb



Sri Chinmoy Centre

Free meditation and relaxation class - see inside brochure

Contact: Durba Lee 022 065 3719



About Us

Howick & Pakuranga Community Houses Incorporated (HPCH), operates two community houses in the Howick and Pakuranga areas; Highland Park and Anchorage Park Community Houses. The society is supported and funded by Auckland Council and the Howick Local Board to operate the two houses for the community and their surrounding areas.

The mission of HPCH is to provide venues and services to assist in the facilitation of community activities including those that contribute to a Holistic sense of well-being. We do this successfully by renting rooms in each of our houses New Zealand Transport Authority (NZTA) Defensive Driving courses

Highland Park Community House can be found in the heart of the Highland Park Community. It is situated on Aviemore Drive, a main arterial road running off Pakuranga Highway. It is easy to access, has a large carpark and plenty of street parking.

The house has 3 rooms and 1 clinic for hire and is the venue for a wide range of community support groups, medicinal clinics, Defensive Driving courses, arts & craft, recreational and exercise groups, local church and spiritual meetings.

Room hire is available Monday to Sunday from 8:30am to 11:00pm. Further information regarding room hire can be found by picking up our Room Hire brochure from reception or downloading it from our website

Reception hours are Monday to Friday from 8:30am to 5:00pm. We look forward to welcoming you to Highland Park Community House and hope you enjoy what we have to offer.



Highland Park Community House
Serving the Community

HIGHLAND PARK COMMUNITY HOUSE

47 Aviemore Drive | Highland Park | Auckland, 2010

Bookings and enquiries: Telephone (09) 534 5584

E-mail: info@hpacommunityhouses.org.nz

Web: www.hpacommunityhouses.org.nz



Proudly supported by Auckland Council

HIGHLAND PARK COMMUNITY HOUSE

Community
Classes, Groups & Services

Term 1

30 January to 14 April 2024



www.hpacommunityhouses.org.nz

MONDAY GROUPS AND CLASSES

Mobile Breast Screening Contact: (09) 250 8023
Counties Manukau free screening for woman 45 to 69
December 11, 2023 to January 19, 2024
Mobile Breast bus in Carpark during the year



CADS Alcohol & Drug Support Group Contact: (09) 263 2000
For information on services offered please check the web.
Web: www.cads.org.nz. *We are here to help.*



GROW Contact: Allen 022 194 6744
Holistic community mental health group. Call in & chat anytime.
Weekly in the Elsmore Room from 7:00pm I Start 15 Jan **GROW**

KOREAN POSITIVE AGING CHARITABLE TRUST
Quilting Class I 8 weeks I Starts Monday 5 February
Calligraphy Class I 8 weeks I Starts Thursday 1 February
Contact: Yonghran Park - 021 212 6889
Email: info@koreanpositiveageing.org.nz

Narcotics Anonymous - Just for Today Contact: 0800 628 632
Drug problems, maybe we can help? <https://nzna.org>
Monday & Thursdays in the Parkview from 7:00pm



Tai Chi for Beginners Bookings: (09) 576 3705
Gentle exercise for all ages. Perfect for health and wellbeing
Weekly from 10:30am to 11:30am I Starts 5 February



TUESDAY GROUPS AND CLASSES

Art Academy Ltd Contact Lilibet: 021 0834 9988
Fantastic Art classes for Kids 5 -14 years with the focus on drawing
Weekly afterschool from 3:30pm I Starts 30 January **Realisticus**
Art Academy Love to Draw

***Drop-In Patchwork** Contact Reception
A drop-in group for like minded people interested in patchwork.
Weekly in the Monet room from 9:00am I Starts 16 January

East Auck Acupuncture Study Group Contact Gina: (09) 534 8458
Knitting to support the poor and needy worldwide.
Third Tuesday of each month from 7:00pm I Starts 16 April

***Knitters Operation Cover Up** Contact Val: (09) 534 2850
Knitting to support the poor and needy worldwide.
First Tuesday of each month from 12:30pm I Starts 5 March

P&H Parent Support Group Contact: thowickpak@gmail.com
Support group meetings for parent with difficult adolescents.
Fortnightly I 7:30pm to 9:30pm I Starts 13 February **TOUGHLOVE**
NEW ZEALAND



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WEDNESDAY GROUPS AND CLASSES

***Breast Cancer East Auckland** Contact Barbara: (09) 537 5275
Advice, friendship and support
Third Wednesday of month from 1:00pm I Starts 21 February

Cancer Support (Thrive) Contact Amy: 021 431 974
Safe & welcoming space to support those going through cancer.
Third Wednesday Monthly 7:00pm I Starts 17 January **Thrive**

***Community Craft Group** Contact Reception
Join this friendly and relaxed group and work on your handcrafts.
Weekly 9:00am to 12:00pm in Parkview Room I Starts 17 Jan

Inner Wheel Club of Howick ijhowickmembership@gmail.com
Women in action sharing friendship through service
4th Wednesday monthly except Jan, June & Dec I Start 28 Feb

Pakuranga Family Support Group Contact Wynnis: 021 025 02611
Community Mental Health Support group for families in need.
Last Wednesday monthly from 7:00pm I Starts 31 January

Pakuranga U3A Travel Group Contact Gary: (09) 576 9478
Discuss your recent overseas trips & get the travel bug.
1st Wednesday monthly from 12:30pm I Starts 7 February

Realisticus Art Academy Contact Lilibet: 021 0834 9988
Fantastic Art classes for Kids 5 -14 years with the focus on drawing
Weekly afterschool from 3:30pm I Starts 31 January **Realisticus**
Art Academy Love to Draw

Univision Community Trust Contact Emily: (09) 624 1341
Become a parent coach, Mandarin parenting skills study group
Weekly Wednesday from 9:45am I Starts 7 February **UNIVISION**
華僑文化教育中心

THURSDAY GROUPS AND CLASSES

***CHENSHI Tai Chi advanced level with David** Book at Reception
Gentle exercise to help with stress & balance.
Weekly 9:00am I \$50.00 pp for 10 weeks I Starts 18 January

Eastern Bonsai Club Contact Kelly: 021 263 7444
Bonsai for all levels in a friendly relaxed environment.
Third Thursday of the month from 7:00pm I Starts 18 Jan

Friendship House Program Contact: 0800 348 7878
Living Without Violence (LWVP)
Weekly 9:00am I website: www.friendshiphouse.org.nz

***Howick & Districts Cardiac Club** Contact Joyce: (09) 537 0036
Meet with others going through similar cardiac experiences.
Fortnightly in the Parkview Room 10:30am I Starts 8 Feb

Mrs Y Professional Education Contact Yvonne: 022 353 6298
Chinese, Maths and Art Education for children aged 4 to 15 years.
Weekly Thursday from 4:30pm I Starts 1 February **MRS. Y**

* Classes and Groups funded or Sponsored by Howick & Pakuranga Community Houses Inc

FRIDAY GROUPS AND CLASSES

Divine Life Prayer Group Contact Logan: 021 049 4808
Friendship and Fellowship.
fortnightly in Parkview Room from 7:30pm I Starts 16 February

Korean Positive Ageing Contact Yongrahn: 021 212 6889
Come along for a fun weekly get-together for the over 60's.
Weekly from 1.00pm in the Parkview room I Starts 2 Feb

Te Rawhiti Guitar Group Contact Jack: 021 894 074
Guitar playing and singing for mental health
Weekly in Parkview Room from 10:00am I Starts 2 February

SATURDAY & SUNDAY GROUPS & CLASSES

Arab NZ Cultural Society Contact Ameen: 021 259 9746
Social awareness of Arabic culture & intercultural understanding
First Sunday of the month from 1:00pm I Starts 4 February

Chinese Tea Group Contact Betty: 021 566 101
Chinese Women support and friendship.
First Saturday of the month from 10:00am I Starts 2 March

NZ Meditation Trust (Siri Chinmoy) Contact Durba: 022 065 3719
Free Meditation classes For health and wellbeing
9 Mar, 8 Jun, 13 Jul, 12 Oct, & 9 Nov from 2:00pm

Sathya Sai Centre H/Pakuranga Contact Ravi: 021 264 9984
Ethical transformation through selfless love & service
Weekly Sunday from 5:00pm I Starts 14 January

Shiv Yog - Meditation/Spiritual Contact Deen: 021 444 556
Meditation For health and wellbeing
Last Sunday of month from 2:00pm I Starts 28 Jan **Shiv Yog**

NEW BEGINNINGS THERAPY

Affordable Counselling and Family Therapy

Are you feeling stressed, trapped, or anxious from a present or past relationship? I can offer specialised counselling sessions for individuals & couples either in person or via Zoom. I'm here to help.

Contact: Phil for an appointment - 021 058 3234

Email: philip@newbeginningstherapy.co.nz



Mauri Oho Counselling Services

Experienced Counsellor working with clients who are struggling with challenging life issues, trauma, family, grief, self-harm, abuse, depression, anxiety, relationships, suicidal ideation, neglect, cultural issues, bullying, low self-esteem and more.

For safe, confidential, and non-judgmental assistance to help you

I am here to help , in person or online.

Contact Caroline Emery BAppSoSci, MNZAC

Ph: 021 1904 846 I Email: caroemery76@gmail.com

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