Other Groups and Services

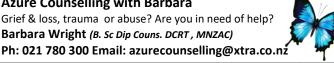
Acupuncturist Herbalist ACC provider

Backpain, Sciatica, Arthritis, Period Pain, Skin conditions Contact: Dr Gina liu 09 534 8458 or 022 0299 731



Azure Counselling with Barbara

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



*Breast Screen Aotearoa Mobile Bus

Mobile Bus In the front carpark

Contact: 0800 270 200 I 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.





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 Creche.

Contact Sue Ellis: (09) 533 9500



Children's Birthday Party Place

Looking for a weekend birthday party venue? The creche 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.

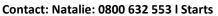
Contact Sue Ellis: highlandparkcreche@xtra.co.nz



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



Sri Chinmoy Centre

Free meditation and relaxation class - see inside brochure

Contact: Durba Lee 022 065 3719



Support

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.

Our mission is to provide venues and services to assist with community activities and those that contribute to a holistic sense of wellbeing. 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 on 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, Tai Chi 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 I Highland Park I Auckland, 2010 Bookings and enquiries: Telephone (09) 534 5584 E-mail: info@hpapcommunityhouses.org.nz Web: www.hpapcommunityhouses.org.nz







Proudly supported by Auckland Council

HIGHLAND PARK COMMUNITY HOUSE

Community Classes, Groups & Services

Term 2

29 April to 7 July 2024



www.hpapcommunityhouses.org.nz

MONDAY GROUPS AND CLASSES

*Mobile Breast Screening Contact: (09) 250 8023

Counties Manukau free screening for woman 45 to 69 April 15 to April 27, 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 29 Apr GROW

KOREAN POSITIVE AGING CHARITABLE TRUST

Quilting Class | 8 weeks | Starts Monday 29 April Calligraphy Class | 8 weeks | Starts Thursday 2 May 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 with Stacey

Bookings: (09) 576 3705

Gentle exercise for all ages. Perfect for health and wellbeing

Weekly from 10:30am to 11:30am | Starts 29 April

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 April

*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 30 April

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 | Starts 16 May

*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 | Starts 7 May

P&H Parent Support Group Contact: tlhowickpak@gmail.com

Support group meetings for parent with difficult adolescents. **TOUGHLOVE** Fortnightly I 7:30pm to 9:30pm I Starts 23 April

WEDNESDAY GROUPS AND CLASSES

* Breast Cancer East Auckland Contact Barbara: (09) 537 5275

Advice, friendship and support

Third Wednesday of month from 1:00pm | Starts 21 February



Contact Amy: 021 431 974

Safe & welcoming space to support those going through cancer. Third Wednesday Monthly 7:00pm | Starts 15 May

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 | Starts 1 May

Inner Wheel Club of Howick

iwhowickmembership@gmail.com

Women in action sharing friendship through service

4th Wednesday monthly except Jan, June & Dec | Start 22 May

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 29 May

Pakuranga U3A Travel Group

Contact Gary: (09) 576 9478

Discuss your recent overseas trips & get the travel bug. 1st Wednesday monthly from 12:30pm | Starts 1 May

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 | Starts 1 May

Univision Community Trust Contact Emily: (09) 624 1341

Become a parent coach, Mandarin parenting skills study group

Weekly Wednesday from 9:45am | Starts 8 May

THURSDAY GROUPS AND CLASSES

*Tai Chi advanced level with Lian Liu

Book at Reception

Gentle exercise to help with stress & balance.

Weekly 9:00am I \$60.00 10 weeks or \$7 a class I Starts 2 May

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 16 May

Friendship House Program

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 | Starts 2 May

Contact Kerry: 021 066 8975 *Man Up - Tu Tangata

Support group for all men - www.manup.org.nz Weekly Thursday from 7:00pm | Starts 2 May

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 | Starts 2 MAY



Divine Life Prayer Group

Friendship and Fellowship.

fortnightly in Parkview Room from 7:30pm | Starts 10 May

Korean Positive Ageing

Contact Yongrahn: 021 212 6889

Contact Logan: 021 049 4808

Come along for a fun weekly get-together for the over 60's. Weekly from 1.00pm in the Parkview room I Starts 3 May

Te Rawhiti Guitar Group Contact Jack: 021 894 074

Guitar playing and singing for mental health

Weekly in Parkview Room from 10:00am | Starts 3 May



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 | Starts 5 May

Chinese Tea Group Contact Betty: 021 566 101

Chinese Women support and friendship. First Saturday of the month from 10:00am | Starts 4 May

NZ Meditation Trust (Siri Chinmoy) Contact Durba: 022 065 3719

Free Meditation classes For health and wellbeing

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 | Starts 5 May

Shiv Yog - Meditation/Spiritual Contact Deen: 021 444 556

Meditation For health and wellbeing

Last Sunday of month from 2:00pm | Starts 26 May Shiv You



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 - Mobile: 021 058 3234 Email: philip@newbeginningstherapy.co.nz



Get active and well with support from our team of Healthy Lifestyle Advisors through physical activity, nutrition and self management. Self Refer today.

Tuesday fortnightly in Parkview Room I 10:00am

Contact: Joanne - 021 966 5711 | Office: (09) 623 7900

Web: www.sportauckland.co.nz



Contact: 0800 348 7878

MANU







