

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



Green Prescription, Sport Auckland

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 | 10:00am

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

Web: www.sportauckland.co.nz



Grief Centre

Grief and loss support for those in need.

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



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 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.

Contact: Natalie: 0800 632 553 | Starts 12.30pm



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.

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 | 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 2

29 April to 7 July 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
 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



KOREAN POSITIVE AGING CHARITABLE TRUST



Quilting Class I 8 weeks I Starts Monday 29 April
 Calligraphy Class I 8 weeks I 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 I 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 I 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 I Starts 7 May



P&H Parent Support Group Contact: tlowickpak@gmail.com
 Support group meetings for parent with difficult adolescents.
 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 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 15 May



***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 1 May



Inner Wheel Club of Howick iwhowickmembership@gmail.com
 Women in action sharing friendship through service
 4th Wednesday monthly except Jan, June & Dec I 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 I 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 I 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 I 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 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 2 May



***Man Up - Tu Tangata** Contact Kerry: 021 066 8975
 Support group for all men - www.manup.org.nz
 Weekly Thursday from 7:00pm I 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 I Starts 2 MAY



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 10 May



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 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 I 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 I Starts 5 May



Chinese Tea Group Contact Betty: 021 566 101
 Chinese Women support and friendship.
 First Saturday of the month from 10:00am I 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 I Starts 5 May



Shiv Yog - Meditation/Spiritual Contact Deen: 021 444 556
 Meditation For health and wellbeing
 Last Sunday of month from 2:00pm I Starts 26 May

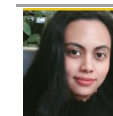


NEW BEGINNINGS THERAPY
Affordable Counselling and Family Therapy



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



MENTAL HEALTH & ADDICTIONS COUNSELLING SERVICES



Substance and behavioural addictions, gambling issues, trauma related disorders, depression, anxiety, are just some of the issues i can help you with. Please call me today to get started ...
 Contact: Syazwa Anwar (BAPsych, PGDip Mental Health & Addictions, Registered Addictions & Problem Gambling Practitioner, DAPAANZ)
 Phone: 021 206 7888 Email: malyqa@yahoo.com
 In person at Highland Park Community House or Online sessions

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

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