

Welcome to the  
Whangarei CARE Centre.

Our organisation began as a dream  
some 30 + years ago. Founded in the  
Christian tradition, with the hope to  
engage with those in need in our  
community.

Our service offers Counselling,  
Budget Advice and Senior Support.

Our qualified counsellors are  
affiliated to or members of the NZ  
Counselling bodies, either NZAC  
(NZ Association of Counsellors) or  
NZCCA (NZ Christian Counsellors  
Association).

Our service is financially supported by  
donations, grants and bequests. Any  
donation over \$5 is tax deductible.



**A community where people  
are empowered to  
meet life's challenges**

If you need to talk after hours call:  
Phone or text 1737

Lifeline: 24/7 0800 543 354 text 4357

Youthline: 0800 37 66 33 text 234

Women's Refuge: 0800 733 843

#### **Whangarei Office**

Monday to Friday 9.00am—5.00pm

Counselling

is available in

**Whangarei & Dargaville**

Budget Advice

is available in **Whangarei  
& Bream Bay**

Senior Services

are available in **Whangarei**

WHANGAREI ANGLICAN CARE TRUST

1 Mill Road  
Regent  
Whangarei 0112

Phone: 09 437 6397  
Email: [enquiry@whgcare.org.nz](mailto:enquiry@whgcare.org.nz)  
Web: [www.whgcare.org.nz](http://www.whgcare.org.nz)

Patron: Chris Farrelly, KNZM  
Charities Commission Reg: CC10599  
March 2026



**Whangārei  
Care Centre**



**Boundaries  
Workshops**

**Te Whare Oranga**  
The House of Wellbeing

[whgcare.org.nz](http://whgcare.org.nz)

## **About BOUNDARIES**

The course is a DVD presentation featuring clinical psychologist, counsellors and award winning authors

**Dr Henry Cloud &  
Dr John Townsend.**

It is a five week course guided by Christian principles and is led by trained counsellors where the DVD presentation is made and then a workshop-type discussion follows.

Subjects covered are:

- Healthy Communication
- Solving Problems
- Working Through Conflict
- Establishing Personal Boundaries
- Emotional Well-Being
- Spiritual Wholeness

This course is suitable to a wide range of people—anyone who has to put boundaries into place in their lives whether it is in a professional or domestic setting.

Learn the secrets of cultivating the habit of setting and maintaining healthy boundaries that provide rich, productive relationships.

## **Boundaries Workshops**

A maximum of 10 participants

This enables effective communication by all and maintains group confidentiality.



### **DETAILS**

Start: Wednesday 6th May 2026  
Finish: Wednesday 3rd June 2026

Time: 1pm—3pm

Where: **Whangarei CARE Centre**  
1 Mill Rd  
Regent  
WHANGAREI

Facilitated by Counsellor:  
**Joyce Beehre**

**CLOSING DATE FOR APPLICATIONS**  
**22nd April 2026**

## **Application Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ After hours  
\_\_\_\_\_ Business hrs

Email: \_\_\_\_\_

I would like to apply to take part in the

### **Boundaries Workshops**

**May/June 2026**

Cost: \$10/week

Direct Credit to: 12-3101-0075902-00  
Whangarei Anglican Care Trust

I recognise that, if accepted, I commit myself to attending the total programme. My acceptance into the course is subject to confirmation.

Signed: .....

