



BRAVE HEARTS NZ/MANAWA KAHA AOTEAROA

NEWSLETTER MARCH 2023

*A New Zealand where the negative impact of substance abuse
is no longer an issue within our communities.*

Welcome, Tena Koutou, to our newsletter keeping you all up to date with what is happening.

A MESSAGE FROM ERIN

Kia ora Brave Hearts

A very warm welcome those members who have joined us since our last newsletter.

I wish to start by acknowledging whanau and communities who have been devastated with loss caused by recent floods and cyclones. Not the best start to 2023 but my wishes are that we have the rest of the year filled with joy and good health.

The last two years have thrown us all a range of challenges and I hope we have seen the last of these and can bring some stability into what's left of this year. If you are struggling and feeling low there are many supports available in our communities.

Brave Hearts is always here to offer peer support to those who are finding their loved one's addiction has become intolerable. We have a great board and a wonderful team of volunteers ready to help you with meetings, tools and other resources. Thanks to all our volunteers who are leaving us and welcome to all those who are coming in - we simply couldn't do it without you.

As usual we are continually advocating with governments and agencies for more support for families. The results from the second stage of our research are due out this year and this will provide us with practical, personal and empirical information to assist in this important mahi.

This year will begin again with Community Awareness Hui starting with Rotorua and Christchurch. We will also be offering support meetings in Christchurch and Auckland's North Shore in addition to our existing regions.

Tena koutou katoa

Erin



COMMUNITY AWARENESS HUI ROTORUA AND CHRISTCHURCH

Brave Hearts will be holding much-needed Awareness Hui in Rotorua and Christchurch. These will be in conjunction with other sector organisations, including Police and other addiction services.

These are **FREE** events for **whānau** of loved ones engaged in substance use

WHAT TO EXPECT

- Skills to help your whānau cope when a loved one is addicted
- What support is available
- The opportunity for audience questions

Rotorua Hui will be held at the Te Runanga Tea House, Rotorua Government Grounds, Thursday 9th March from 7.00 to 8:30pm.

Christchurch Hui will be held at Fendalton Community Centre, 170 Clyde Rd. Wednesday 29th March from 7.00 to 8.30pm.



Thank you to our wonderful Volunteers Linda and Viv

We would like to thank and acknowledge our incredible volunteers, Linda Glew and Viv Paton, who have worked tirelessly for us over the years in the Tasman Region. They have helped support so many families and whanau in need, and with them, Brave Hearts simply couldn't do what we do. So, from the bottom of our hearts... THANK YOU!!!!



New Website!

We have been working hard to get our brand new, user-friendly website up and running. This will be featuring more information about our services, media articles, stories from our members, and importantly, updated information on when and where our Support Meetings are held.

Pop on over to www.bravehearts.nz to check it out!!



[About](#) ▾ [Our Services](#) ▾ [Our Stories](#) [Media & Newsletters](#) ▾ [Supporting Us](#) ▾

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Everyone is welcome

Brave Hearts facilitates group meetings, provides phone support and can refer those who need it to counsellors or other professional service providers.



Christchurch Support Meetings



We are excited to announce we are starting support meetings in Christchurch on the last Wednesday of each month, beginning Wednesday 26 April at Familial Trust, 6 Wilsons Road, St Martins.

To find out more visit our website www.bravehearts.nz. Meetings details are updated at the start of each month. We also send regular emails regarding the upcoming meetings.

New Auckland Support Meeting!

We are excited to announce we are starting support meetings in Auckland on the first Saturday of each month, beginning Saturday 1st April at.

To find out more visit our website www.bravehearts.nz. Meetings details are updated at the start of each month. We also send regular emails regarding the upcoming meetings.





Brave Hearts NZ Regular Giving Program

A big thank you to all our very generous donors. We are grateful and appreciate that we cannot do this without your support.

A monthly pledge of \$25.00 would contribute to the cost of operating the 24/7 telephone hotline that is available to everyone in the community who needs help to cope with this horror.

A monthly pledge of \$50.00 would provide a counselling session for a family, giving them the tools to keep safe and the 'know how' to best help the addict.

A monthly pledge of \$60.00 would contribute to the costs of the group support meetings being held in your community.

A pledge or a one-off gift of any size would make a difference.

To make a pledge or a one-off gift online go to: www.bravehearts.nz

To donate by bank transfer:

Brave Hearts NZ

03-0415-0051504-00

Reference: Your Name

We would like to acknowledge the following generous sponsors for their continued support, which enables us to offer our services free to the community:

Acorn Foundation

Foundation North

Community Organisation Grants Scheme

TECT

Lottery Grants Board

Bay Trust

Eves Real Estate

Lion Foundation