



Hearts & Minds






Manawa Ora me te Hinengaro
Strengthening the Wellbeing of People and Communities

Support Services Directory

North Shore, Waitakere and Rodney

Free Online:

<https://www.heartsandminds.org.nz/information-support/support-services-directory>

-  Over 400 Free/Low-cost Support Services
-  20 Categories
-  Up-to-date Information
-  Free access
-  Covers the Waitemata Region

For additional support contact our friendly team:

Phone: 09 441 8989

Email: info@heartsandminds.org.nz

www.heartsandminds.org.nz