

KOHA ROOM

We offer Koha (clothing, baby equipment, nappies, blankets) to teen parent whanau who could do with some help at no cost. Our Koha Room is kept well stocked with donations from generous people out in the community. The Koha Room is located at our Lincoln Rd office and is **open every Tuesday from 10am - 1.30pm**. If you have items to donate, please email admin@thrive.org.nz or phone/text 021 073 1671.



YOUNG MUMS GROUP

Our Young Mums Group is where young mamas come together in a safe and fun environment with their babies. The focus of the group is based upon health, well-being and nutrition for both the mama, and their baby, with each group being tailored to the specific needs identified by the teen mamas. The group runs during term time.



TEEN PAPAS

A group exclusive to young dads under the age of 19 years. The kaupapa is a safe, interactive, knowledgeable and fun environment for young dads to meet with each other bond and connect.

BECOME A VOLUNTEER

If you are interested in volunteering with us, please contact our Volunteers Coordinator by emailing volunteers@thrive.org.nz.

CONTACT Us

34 Lincoln Road, Henderson
www.thrive.org.nz
Complete our online referral form
or email referrals@thrive.org.nz
09-5514367

Your information may be cited by external agencies as part of our Audit & Risk Procedure.



Volunteering with Thrive

Thriving
young people,
parents &
families

www.thrive.org.nz

ABOUT Us

Thrive Teen Parent Support Trust is a non-profit organisation supporting teen parents to become confident and secure with their tamariki, whanau and community. The Trust was set up in 2010 in response to an eighteen month collaborative community research project that called for a dedicated teen parent support service in Auckland.

Thrive works to empower teen parents through taking a strength based approach that is adept to social justice and equity and is accepting and responsive to Te Tiriti o Waitangi.



HOW CAN I HELP?

Volunteering your time can be as little as helping out as a one off, or as much as having set hours each week where you dedicate your time to a specific role.

WHO WE WORK WITH?

We work with:

- ✓ Young parents up to the age of 24 years old
- ✓ Teenagers who are either pregnant or are parenting their child
- ✓ Teenagers who reside in either Central Auckland or Waitakere

VOLUNTEER ROLES

At Thrive, volunteers work in many different areas and roles, which means we are always seeking volunteers with diverse skills.

Our main volunteer roles are shaped around the services that we offer; our Koha Room, Antenatal Group, Young Mums Group, and Young Dads Group. Volunteers also play a key role in promoting our services out in the community and at key events.

Volunteers play an important role in connecting our teen parents to their communities.

WHY VOLUNTEER?

Volunteering is an enriching experience in which you can utilise your skills and abilities to help others, while learning new skills. Many people volunteer as they wish to give back to their community or a cause that they support.

Some of the benefits of volunteering include:

- Meeting people and making new friendships and contacts
- Gaining confidence and personal development
- Career experience in a new field
- Personal satisfaction
- Making a difference
- Learning a new skill
- Having new experiences