

DIVERSITY COUNSELLING NEW ZEALAND

Celebrating 10 years of diversity



Thanks for 10 years of support



**Founding Members Left from right:
Freda Xia, Kaoru Tsukigi, Vanisri Mills & Kou Kunishige**

DIVERSITY COUNSELLING NEW ZEALAND

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Our Vision



Our Mission

To Provide Culturally Responsive Counselling and Promote Community Well-being

Our Values



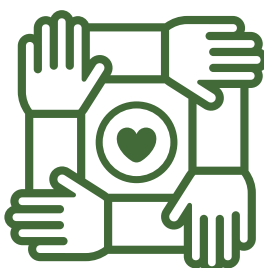
Respect



Equity



Cultural Responsiveness



Connection



Compassion

DIVERSITY COUNSELLING NEW ZEALAND

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For life is a gift

In the heart of Aotearoa's embrace,
A decade blooms, a journey we trace.
Diversity Counselling, a beacon's glow,
Ten years strong, where hearts freely grow.

Cultures entwined in a colourful dance,
Values cherished in every circumstance.
Cultural respect, a guiding light,
A safe place to talk, where voices find ease,
At DCNZ, differences melt into one.

Hope and help, a duo profound,
Echoing through the counselling sound.
"For life is a gift," the counsellors say,
Amidst challenges faced, we find our way.

How lucky we are to breathe each morning,
The breeze, a reminder of resilience within,
Lessons learned when the journey's been grim.
Trees dance with stories, both old and new,
As flowers emerge from grasses, life anew.
Even in difficulty, life's dance persists,
Countless lives saved from the brink,
In diversity's embrace, where hope survives,
DCNZ changing countless lives.

WRITTEN BY: NISHANTHI KARIYAPPERUMA

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Life is a precious gift, cherish every moment while you can!

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HIGHLIGHTS FROM THE 10TH ANNIVERSARY CELEBRATION



DCNZ offers community led, culturally responsive, clinically safe counselling support to our diverse ethnic communities

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HIGHLIGHTS FROM THE 10TH ANNIVERSARY CELEBRATION



Director Vanisri Mills began her address by highlighting the key motivation behind the founding of DCNZ. She reflected on the significant gap in mental health services for culturally and linguistically diverse ethnic communities within the Waikato region 10 years ago, emphasising the initial scarcity of resources and support for individuals struggling with mental health challenges. Vani then recounted the extraordinary journey of establishing DCNZ, noting that despite the founders having no prior experience in setting up a charitable organisation, they leveraged their extensive counselling and practice expertise to lay the foundation for what would become a critical place to provide mental health support in the ethnic community.

Despite the initial uncertainties, DCNZ has grown well, now providing counselling services in more than 20 languages. Vani's speech served as a monument to the organisation's journey, from humble beginnings to becoming a beacon of mental health support and empowerment for culturally diverse ethnic communities across New Zealand.

"There is no power for change greater than a community discovering what it cares about."

Margaret J. Wheatley

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HIGHLIGHTS FROM THE 10TH ANNIVERSARY CELEBRATION



Jenny Field, the Chairperson of DCNZ, warmly greeted all members and expressed heartfelt gratitude to everyone who played a vital role in the organization's journey. In her message of thanks, she acknowledged the contracted practitioners, community members, leaders, sponsors, collaborators, and every other party whose contributions have been pivotal in shaping DCNZ into what it is today.



Mayor Paula Southgate of Hamilton City Council delivered an insightful speech at our event. She acknowledged and appreciated DCNZ's impactful service over the past decade, emphasising the positive difference made in the ethnic community. We extend our gratitude to Paula Southgate for her presence on this important day.

This moment of gratitude is a moment of enlightenment, of mindfulness, of intelligence. It is a manifestation from the depths of your consciousness. - Thich Nhat Hanh (Buddhist teaching)

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HIGHLIGHTS FROM THE 10TH ANNIVERSARY CELEBRATION



We say a fond farewell to Kou Kunishige, a founding member and dedicated manager at Diversity Counselling New Zealand (DCNZ) for five years. Kou's inspiring leadership and deep commitment to culturally sensitive mental health services have left an indelible mark on our organisation and the communities we serve.



On the occasion of our 10th anniversary, we said a heartfelt farewell to Freda Xia, one of the founding members of DCNZ. Her dedication and significant contributions have touched countless lives. Freda, you will be deeply missed.

石の上にも三年 — *Three years on a rock*

Hiragana: いしのうへにもさんねん (*Ishino uenimo Sannenn*)

Patience and perseverance lead to success; good things take time. (Japanese Quote)

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HIGHLIGHTS FROM THE 10TH ANNIVERSARY CELEBRATION



Navdeep Gogna, an inspirational speaker who received counselling support from DCNZ, shared a moving story at our 10th anniversary event. She spoke about how much DCNZ helped her in returning to her normal life. Her courage and transformation are sources of pride for us and an inspiration to others facing similar struggles.



Nishanthi Kariyapperuma who received counselling support when needed, shared her inspiring journey. She narrated how the unwavering support from DCNZ empowered her to stand confidently and bravely today, reclaiming control over her life. She stated that *“the journey might be difficult, but with the right support and an unwavering belief in your worth, you too can emerge from the shadows.”*



Lushomo Thebe, a Sanvion-born African Kiwi and a student at the University of Waikato, brilliantly served as the Master of Ceremonies (MC) at DCNZ's 10th Anniversary celebration. As a community leader and a representation of the diverse community we work with, Lushomo's contribution was invaluable. We extend our heartfelt thanks for the outstanding job she did in orchestrating the event.

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HIGHLIGHTS FROM THE 10TH ANNIVERSARY CELEBRATION



Jaslyn Yujie Geng is a remarkable individual who excels in her role as a counsellor, she offer counselling service in Mandarin and English. She just completed her Counselling Degree at Wintec.

Jaslyn also introduces the soothing power of Chinese Guzheng music to our space, sharing her talent and passion for this traditional instrument to create a calming atmosphere.



Elkin Solano served as a community mobiliser for the Latin American community, focusing on a child sexual abuse prevention program. He is one of the Ethnic Advisory Committee members for DCNZ. Beyond his mobilization work, Elkin also graced us with a wonderful musical performance at the event, showcasing his many talents.

Music is a gentle friend to our minds.

A simple melody that brings peace and comfort to our mental wellbeing.

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**Thank you to Forsyth Barr Hamilton
for sponsoring the 10th anniversary
event.**



**FORSYTH
BARR**

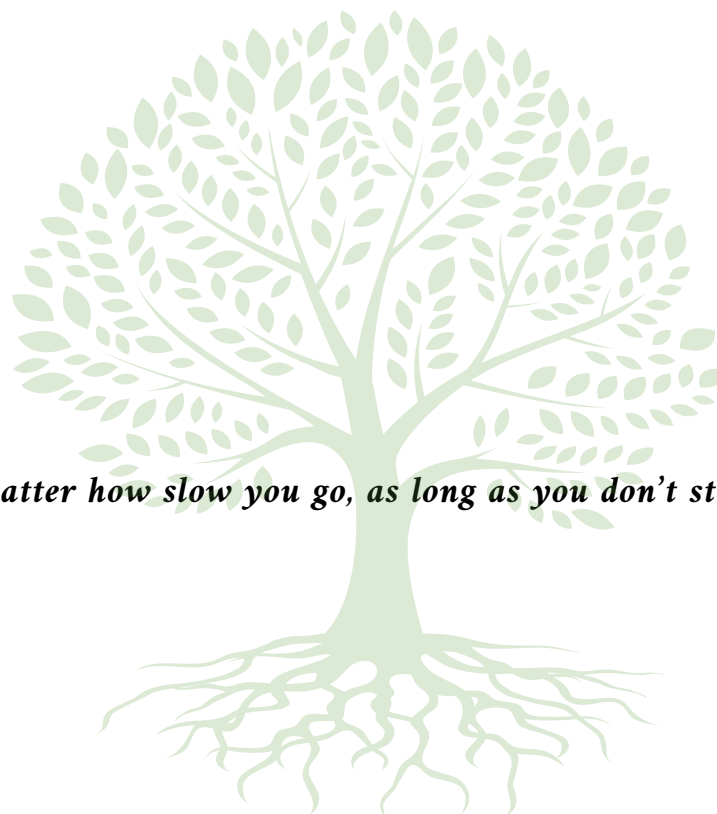


DIVERSITY COUNSELLING NEW ZEALAND

Celebrating 10 years of diversity

WHAT WE ARE CELEBRATING ?

- Free counselling services: We offer a helping hand to our ethnic communities by providing free counselling services
- Culturally & linguistically diverse professional counsellors: We understand the richness that each culture brings, making our counselling sessions an inclusive space for everyone.
- 24 Languages, countless connections: Language should never be a barrier.
- For a thriving community: Our purpose is about creating strong, happy, and thriving communities. We envision a future where you stand tall, confident, and proud of who you are.



“It doesn’t matter how slow you go, as long as you don’t stop.” Confucius

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MENTAL HEALTH DURING TIMES OF UNCERTAINTY

A presentation by Lisa Ducat, Workplace Specialist at the Mental Health Foundation of New Zealand talked about looking after your mental health in times of uncertainty.



WATCH THE COMPLETE WEBINAR ON
[HTTPS://YOUTU.BE/D5RR-F6ZJUW?SI=AN5BFJKJYYPOTVG5](https://youtu.be/D5RR-F6ZJUW?si=AN5BFJKJYYPOTVG5)

“Having good well-being means you feel good, you function well, and you’ve connected most of the time. So individually we need environment that supports , A place where we feel safe.....”

Lisa Ducat)



DIVERSITY COUNSELLING NEW ZEALAND

COURAGEOUS CHATS FOR OUR CHILDREN

Our children are important, and it's up to all of us to keep them safe from sexual abuse. That means being courageous and talking about things we have not talked about before, for our children.

Child sexual abuse is taboo and hides in the shadows. People who harm children take advantage of this secrecy. You can help keep your children safe by making sure they know they can talk to you about anything and that you will take them seriously. Having warm, open relationships with our children is the first step.



Talking about our bodies

Teach your children the proper names of their body parts. It's good to teach names in our own languages, and also in English, so our children can tell us if someone tries to touch them.

Ok and not ok touch

Talk to your child about okay touches and inappropriate touches.

Okay or 'good' touches are ones that make us feel safe, warm, and loved.

Inappropriate or 'bad' touches are ones that make us feel unhappy, scared, confused or yucky. Boundaries are just rules we make to feel safe. For example, it's good for children to know that some parts of their bodies are private.



Children are like flowers. Let them bloom by giving them your warm smiles, your soft gentle words falling on them like rain and your art of confidence. You will be amazed at your own garden.

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CHILD SEXUAL ABUSE PREVENTION PROGRAMME

DCNZ and Hohou te Rongo Kahukura collaborated to create material focused on preventing child sexual abuse, thanks to a project funded by ACC. Together, we worked on developing resources that address the unique needs of our diverse ethnic communities. Utilising community mobilisers, we engaged with these communities to gain insights into both protective and risk factors. This joint effort is all about building awareness and resilience to foster a safer environment for our kids. <https://dcnz.net/courageous-chats-for-our-children/>

Española



Keeping our children safe in big group... when it's someone we know person from family environment.

हिन्दी



Increasing Awareness Hindi. Diversity Counselling. everyone has access to counselling. And there was nobody that we could approach and talk openly about what has happened to us or how to convey the message because people used to make these kinds of talks or events a... And especially for a girl these conversations got exaggerated responses.

العَرَبِيَّة



Creating Safe Space Arabic.

فارسی دری



Community Mobilization In Action Dari.

Check out resources that DCNZ have created in collaboration with Hohou te Rongo Kahukura

- Hohou Te Rongo Kahukura has developed Kōrero Mai | Talk to Me, an online portal with interactive activities, tip sheets, videos with parents and caregivers, videos encouraging caregivers to talk about gender, sexuality and safety with their kids. <https://www.kahukura.co.nz/korero-mai-talk-to-me/>
- For ethnic rainbow children, Dr. Cayathri Divakalala and the team has developed “kōrerorero nui” “முக்கியமான உரையாடல்கள்” “mukkiyamāṇa uraiyāṭalka!” “kahalagahan ng komunikasyon” “important conversations”: an online resource for all who want to keep ethnic rainbow children safe in Aotearoa New Zealand - <https://www.adhikaarotearoa.co.nz/korerorero-nui/>

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BREATHING SPACE

Breathing Space is a group programme which incorporates a Tree of life metaphor with mindfulness-based strategies and skill development for children from former refugees and ethnic communities aged between 12-18 years. The intention of the programme is to take strength-based approach to develop empowering stories about each child's life that is rooted in their cultural values and social histories to enhance their wellbeing and better future for all.



FAIRFIELD INTERMEDIATE SCHOOL

*If every tiny flower wanted to be a Rose, Spring would lose its loveliness.
Children are different but unique and beautiful!*

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MORE ABOUT BREATHING SPACE

The program aims to create positive stories about each child's life, focusing on their strengths and cultural background. This helps enhance their well-being and contribute to a better future for everyone. The belief is that by fostering a positive cultural identity and promoting understanding between cultures, children will appreciate the value of their own cultural identity and how it contributes to a sense of belonging.



MILTON CITY
COUNSELLOR,
H NAIDOO-RAUF

PRINCIPAL ANGELA
WALTERS

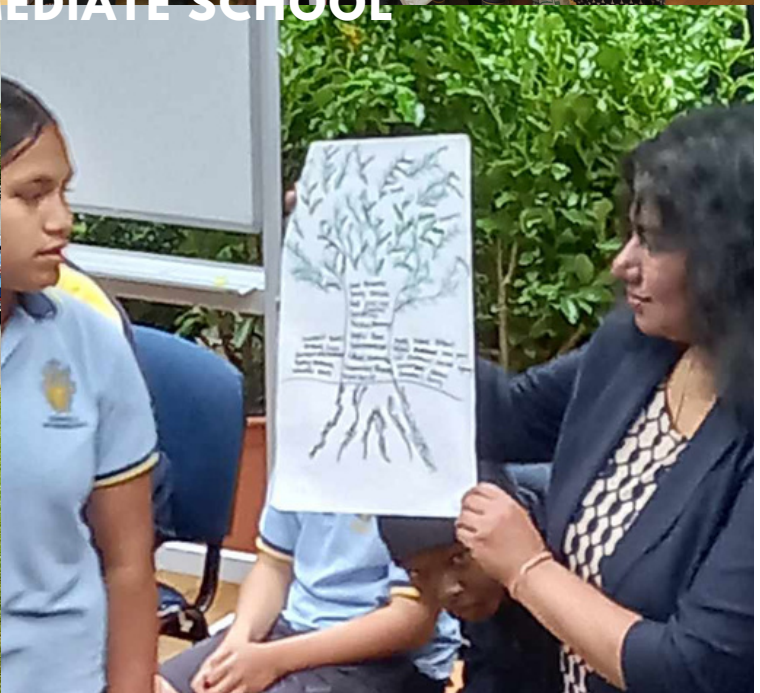
KAORU TSUKIGI
COUNSELLOR

VANISRI MILLS
(DIRECTOR, DCNZ)

FAIRFIELD INTERMEDIATE SCHOOL



ETHNIC CHILDREN FROM FAIRFIELD INTERMEDIATE SCHOOL



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THRIVE -DIGITAL WELLBEING HUB

Thrive

Diversity Counselling New Zealand has an exciting opportunity to create a website with useful tips and information to support the mental health and wellbeing of our local ethnic communities. The website will be given the name 'Thrive.' The name represents the vision the website has for our ethnic communities, which is to grow and flourish. The website will have information on recognising when things are not going well and links to resources to find support. It will also share stories of hope from others who have faced and overcome similar challenges. Thrive will be ready in May 2024, watch this space!



DIVERSITY COUNSELLING NEW ZEALAND

RESEARCH

Be a Change Maker: Join our Exciting Research Project!

Developing Culturally Relevant and Respectful Guidelines for Counselling practices for Ethnic Communities

- DCNZ started to develop a series of guidelines for counselling practice, that are relevant and respectful to the diverse and unique perspectives of our incredible ethnic communities.
- We are particularly focusing on former refugees and migrants.
- We plan to organise a few focus groups in the new year – around February/March 2024 so that we can hear from those interested in supporting this initiative.
- Your insights, experiences, and expertise are exactly what we need to make a meaningful impact.

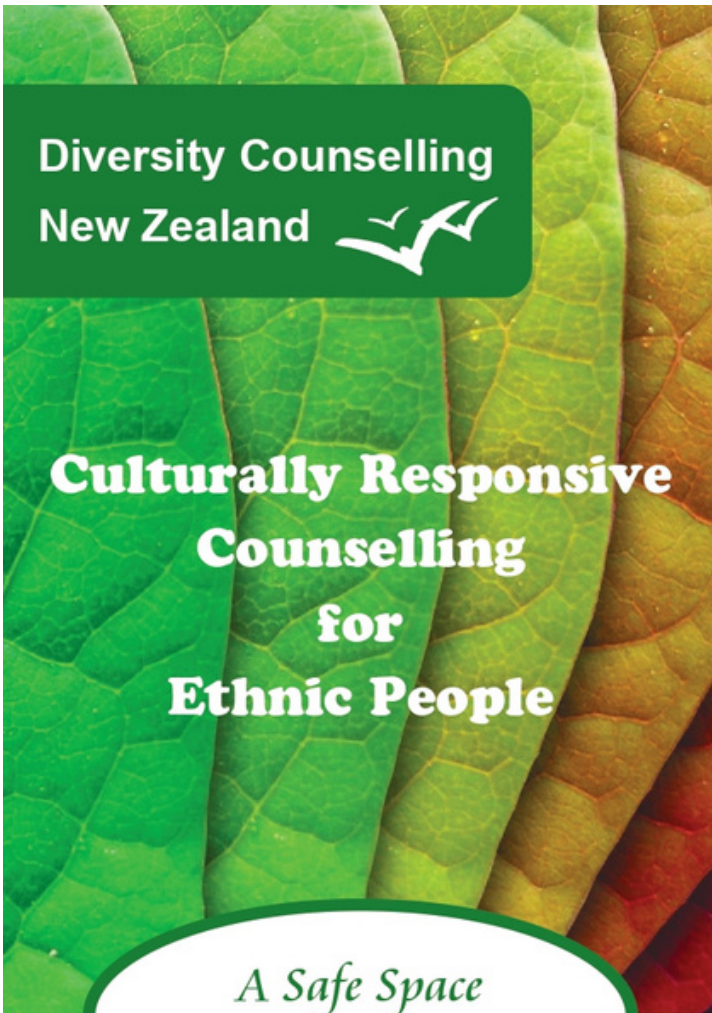
How to Get Involved:


If this sounds like something you'd love to be a part of, just sent a quick email to Nishanthi from DCNZ. You can reach her at Nishanthi.Kariyapperuma@dcnz.net

"Isn't it a pleasure to study and practice what you have learned? Isn't it also great when friends visit from distant places? If one remains not annoyed when he is not understood by people around him, isn't he a sage?" (a quote from Chinese teaching)
子曰：“学而时习之，不亦说乎？有朋自远方来，不亦乐乎？人不知而不愠，不亦君子乎？”

DIVERSITY COUNSELLING NEW ZEALAND

FREE COUNSELLING



Diversity Counselling
New Zealand 

**Culturally Responsive
Counselling
for
Ethnic People**

A Safe Space
- Engage, Connect and Thrive -

Contact Us

Toll-free Number: 0800 143 269

Text / Phone: 021 0262 5587

Email: contact@dcnz.net

Web: <https://dcnz.net/>

Address: Vickery House, 113 Alexandra Street,
Hamilton Central, Hamilton

Diversity Counselling
New Zealand 

Diversity Counselling New Zealand (DCNZ) is offering culturally responsive counselling services for migrants and former refugees from Asian, Middle Eastern, Latin American, African and Continental European backgrounds (all age groups, all genders). Services are provided by ethnic, registered professional practitioners in more than 22 languages. We use professional interpreters when needed.

Counselling is a talk ...

- ✓ with a professionally trained person
- ✓ which is strictly private and confidential
- ✓ to discuss your goals, issues, difficulties, etc
- ✓ for individuals, couples, families or groups

Counselling is often about ...

- ✓ Settlement in NZ life
- ✓ Family Matters
- ✓ Personal Matters
- ✓ Relationship Matters
- ✓ Studying & Working in NZ
- ✓ Matters related to your cultures, custom, traditions, beliefs, identity
- ✓ And more...
- ✓ Transitions
- ✓ Parenting
- ✓ Stress
- ✓ Grief & Loss

Mission Statement

**To provide culturally responsive
counselling and promote community
well-being**

DIVERSITY COUNSELLING NEW ZEALAND

HELPLINES



There are several helplines you can call if you need to talk to someone. If you feel anxious, down, overwhelmed, or just need someone to talk to, call or text the numbers below.

Need to talk?

Call: 0800 1737 1737

Text: 1737

Depression helpline

Call: 0800 111 757

Text: 4202

Youth line

Call: 0800 376 633

Text: 234

General alcohol drug helpline

Call: 0800 787 797

Text: 868

The Lowdown

Text: 5626

Lifeline Aotearoa

Call 0800 LIFELINE or

Text 'Help' to 4357

USEFUL WEBSITES

Sparx (12-19 years old)

Free, self helped programme

<https://landing.sparx.org.nz/>

Autism NZ (all ages)

Free website for people with autism

<https://autismnz.org.nz/>

Outline

All ages rainbow community

<https://outline.org.nz>

Rainbow Youth

Provide support for queer, gender diverse, takatāpui and intersex youth. <https://ry.org>

Supporting families in mental illness

<https://yellowbrickroad.org.nz>

S.K.I.P (0-5 year olds)

information for parents on children's behavior
www.skip.org.nz

MENTAL HEALTH SERVICES

Most people will be referred to mental health services through their GP or family doctor. Mental health services in the community are funded through Te Whatu Ora.

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THERE IS HOPE

*You don't always have to be strong
You don't always have to fight off those tears
Sometime its good to let them flow and let it go,
All your holdings back can just keep building it all up
its alright not to have it all figured out yet
Give it time to unfold.
by Karon Salmansohan*

