



Please talk to a member of the Hospice team involved in your care if you have any queries.



*Our namesake  
The Venerable Mary Potter*



*Raranga (Māori weaving) evokes strong feelings of unity and togetherness; the weaving of traditional matauranga (knowledge) to nurture the people.*

*This picture is a section of a Kete (basket), which has that wisdom woven into its fibres.*

Nā tō rourou, nā taku rourou  
ka ora ai te iwi

With your food basket and my food basket  
the people will thrive.

For further information, or to make a donation,  
please see our website:

[www.marypotter.org.nz](http://www.marypotter.org.nz)

**Wellington:**

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PO Box 7442, Wellington 6242  
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E [mph@marypotter.org.nz](mailto:mph@marypotter.org.nz)

**North Wellington/Porirua:**

Te Whare Rānui, 10 Awatea Street, Ranui Heights  
PO Box 50089, Porirua 5240  
P 04 237 7563 | F 04 237 0864  
E [porirua@marypotter.org.nz](mailto:porirua@marypotter.org.nz)

**Kāpiti Coast:**

36 Warrimoo Street,  
PO Box 460, Paraparaumu 5254  
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**Counselling  
services**

## Counselling

Counselling is available for patients and their family, whānau and friends involved with the Mary Potter Hospice service

Counselling enables you to talk about your feelings and thoughts in a safe environment. Counselling provides an opportunity to explore issues with a trained professional who will support you, and help you clarify your choices.

You may have a particular issue or problem, which requires one or two sessions with a counsellor. Or, you may find that ongoing counselling over a period of time is needed.

Counselling might include:

- concerns about children
- concerns about relationships
- physical and emotional changes
- self-esteem
- grief and loss
- isolation and loneliness
- fear of the future
- anything else that is a struggle.

Mary Potter Hospice counsellors are trained and experienced in working with all age groups.

We see people on an individual basis, as couples or family groups. We also offer the opportunity to participate in groups.

We can provide support and education to workplaces and colleagues if that would be helpful.

Your counsellor may also refer you to another hospice, counselling service or community organisation. This will be discussed with you.

Mary Potter Hospice counsellors abide by the New Zealand Association of Counsellors' Code of Ethics.

No charge is made for counselling – but donations are welcome, see over for details.

To get in touch with a counsellor, you can ask another Mary Potter Hospice staff member, or you can phone the counselling service direct.

Wellington phone 04 381 0184

Porirua phone 04 237 2306

Kapiti phone 04 296 4524



### What people say about counselling services:

*"I would leave counselling with a whole new outlook. It gave me clarity and a sense of not being quite so lost."*

*"The sessions helped me to open up to myself and ask the right questions - trying to move forward and keeping a journal were an amazing journey...I learned that it's ok to feel low, that's life, ups and downs; it's just a question of how low one allows themselves to become." (Miles)*

*"It wasn't all doom and gloom. Surprisingly, as time passed and the slow process of healing began, there were times of laughter." (Jan)*

*"For me, seeing a counsellor meant support, trust, help with working through the mass of thoughts and feelings that were going through my head and body. It was a safe place where I could talk, cry, and do whatever was helpful for me to get through this..."*