

# CADS Pregnancy & Parental Service

Assisting pregnant women and parents  
of children under the age of 3



When you're ready!  
call **845 1818**  
[www.cads.org.nz](http://www.cads.org.nz)

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Pregnancy and Parental Service aims to improve life outcomes for unborn babies and children under the age of 3 by working with pregnant women and parents with issues around alcohol and drugs. We can:

- Help you access antenatal care, parenting support, community and health services
- Work with you to identify and achieve goals to improve outcomes for your children
- Work with whanau and friends in a way that will support you
- Co-ordinate services to work together so your needs are best met
- Work on your behalf to reduce judgement and stigma you might experience from other services
- Provide education on the effects of alcohol and other drug use during pregnancy and in relation to parenting

We accept referrals from other services or you can call us on 845-1818

This is a free service provided by nurses, social workers, alcohol and drug clinicians, peer support workers, a psychiatrist, and psychologist.

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