



AMIGOS Peer Led Activity Groups August (Hereturikōkā)



Monday / Rāhina	Tuesday / Rātū	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere	Saturday / Rāhoroi
1 1 pm Curry Catch-up Curry Heaven \$10+ 5:30pm Guitar (Evaro)	2 1pm Café Group Baobab Cafe	3 4:15pm Smoking support (Evaro)	4 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	5 1:30pm Friday talk St Peters	6 11:30am Mindfulness (Evaro)
8 5:30pm Guitar (Evaro)	9 1pm Café Group Baobab Cafe	10	11 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	12 1:30pm Friday talk St Peters	13 11:30am Mindfulness 1:15pm Coffee & Crafts (new time) (both Evaro)
15 1pm Curry Catch-up Curry Heaven \$10+ 5:30pm Guitar (Evaro)	16 1pm Café Group Baobab Cafe	17 4:15pm Smoking support (Evaro)	18 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	19 1:30pm Friday talk St Peters	20 11:30am Mindfulness Evaro)
22 5:30pm Guitar (Evaro)	23 1pm Café Group Baobab Cafe	24	25 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	26 1:30pm Friday talk St Peters	27 11:30am Mindfulness 1:15pm Coffee & Crafts (new time) (both Evaro)
29 5:30pm Guitar (Evaro)	30 1pm Café Group Baobab Cafe	31 4:15pm Smoking support (Evaro)			

Venues	Curry Heaven	Baobab Café	Evaro (CBD)	Hey George Cafe	St Peters Undercroft
	136 Riddiford St, Newtown	152 Riddiford St, Newtown	Lvl 1, James Smiths Corner	17 Bay Road, Kilbirnie	(green door, back of church)

Amigos Peer Support Group

Wellington's Consumer-led Support Network

Mission Statement

Amigos provides peer support in welcoming groups, to foster friendship and self-development for people who have experienced mental distress, in order to enhance their well-being.

Purpose

Amigos is a group of adults who are interested in connecting with other adults who have had similar experiences:

- for friendship
- to help in their recovery
- as a stepping stone to integration within the wider community.

We are supported by:

- Amigos volunteer leaders and supports
- Christine Taylor Foundation for Mental Health
- Nikau Foundation
- Wellington City Council
- Wellington Community Trust
- Propeller Productions

We do not accept funding from providers of alcohol, tobacco, and gambling. We believe they have a detrimental effect on mental health.

Amigos is Spanish for friends.
Amigos logo by LoreNZo

Whakawhanaungatanga

(Finding connections to each other)

An Amigos Peer led event or activity is an opportunity to meet people and enjoy their company. Anyone comfortable with our kaupapa of strengthening recovery by sharing whanaungatanga and experience is very welcome.

(That of course could include whānau or a support person.)

Contacts / Information

Phone

Steve: 04 385 4752

or

Anita: 027 660 7756

Email: steve.kohler@xtra.co.nz

Web: <https://www.amigospeersupport.nz/>

Facebook

<https://www.facebook.com/AmigosWgtn/>

Nāu Mai! Hāere Mai!
Hāere Mai!



Peer Support

Calendar of Peer Led Activity
Groups

Aug 2022

Hereturikōka

We are partnered with

