



AMIGOS Peer Led Activity Groups December (Hakihea)



| Monday / Rāhina | Tuesday / Rātū | Wednesday / Rāapa | Thursday / Rāpare | Friday / Rāmere | Saturday / Rāhoroi |
|--|---|--------------------------|---|------------------------|---|
| 2 11am Cable Top Eatery 1pm Curry catch-up (Planet Spice \$13+) 5:30pm Guitar (Evaro) | 3 1pm Café Group Baobab Cafe | 4 | 5 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro) | 6 | 7 11:30am Mindfulness 1pm Movement for Fun 2:15pm Coffee & Crafts (Evaro) |
| 9 11am Cable Top Eatery 5:30pm Guitar (Evaro) | 10 1pm Café Group Baobab Cafe | 11 | 12 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro) | 13 | 14 11:30am Mindfulness 1pm Movement for Fun 1:30pm Xmas meal (Evaro) |
| 16 11am Cable Top Eatery 1pm Curry catch-up (Planet Spice \$13+) 5:30pm Guitar (Evaro) | 17 1pm Café Group Baobab Cafe | 18 | 19 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro) | 20 | 21 11:30am Mindfulness 1-3pm Coffee & Crafts (TWOM) |
| 23 11am Cable Top Eatery 5:30pm Guitar (Evaro) | 24 1pm Café Group Baobab Cafe | 25 | 26 12:15pm Café Grp (alt. cafe) 5:30pm Writing Grp (Evaro) | 27 | 28 |
| 30 11am Cable Top Eatery 5:30pm Guitar (Evaro) | 31 Baobab Café Patisserie Delight Both closed | | | | |

Planet Spice

Riddiford St, Newtown

Evaro (CBD)

Lvl 1, James Smiths Cnr

Cable Top Eatery

Top of cable car

Baobab Café

Riddiford St, Newtown

Hey George Cafe

17 Bay Road, Kilbirnie

Fishing, Miramar Ave

(curved wall, near wharf)

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 supporters
- Christine Taylor Foundation for Mental Health
- CH IZARD Bequest
- Wellington City Council
- Wellington Community Fund
- TG Macarthy Trust
- COGS
- Scottie Reeve

We do not accept funding from providers of alcohol, tobacco, and gambling.

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

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

Facebook

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

Nāu Mai! Hāere Mai!
Hāere Mai!



Calendar of Peer Led Activity Groups

December 2024

Hakihea

We are partnered with

