



# AMIGOS Peer Led Activity Groups February (Hui-Tanguru)



| Monday /<br>Rāhina  | Tuesday /<br>Rātū                                 | Wednesday /<br>Rāapa   | Thursday /<br>Rāpare  | Friday /<br>Rāmere | Saturday /<br>Rāhoroi  |
|---|---|--|---|--------------------|--|
|   | 1<br><br>1pm<br><b>Café Group</b><br>Baobab Cafe  | 2  | 3<br><br>11am <b>Walking Grp</b> (Kilbirnie)<br>12:15pm <b>Café Grp</b> (Kilbirnie)<br>5:30pm <b>Writing Grp</b> (Evaro)  | 4                  | 5<br><br>11:30am<br><b>Mindfulness</b><br>at Evaro   |
| 7<br><br>1pm<br><b>Curry Catch-up</b><br>Curry Heaven \$10+   | 8<br><br>1pm<br><b>Café Group</b><br>Baobab Cafe  | 9<br><br>2pm <b>Café Group</b><br>3pm <b>Sing for Fun</b><br>(Waiata)<br>both at Pataka  | 10<br><br>11am <b>Walking Grp</b> (Kilbirnie)<br>12:15pm <b>Café Grp</b> (Kilbirnie)<br>5:30pm <b>Writing Grp</b> (Evaro) | 11                 | 12<br><br>11:30am <b>Mindfulness</b><br>2:15pm <b>Coffee &amp; Crafts</b><br>both at Evaro |
| 14  | 15<br><br>1pm<br><b>Café Group</b><br>Baobab Cafe | 16   | 17<br><br>11am <b>Walking Grp</b> (Kilbirnie)<br>12:15pm <b>Café Grp</b> (Kilbirnie)<br>5:30pm <b>Writing Grp</b> (Evaro) | 18                 | 19<br><br>11:30am<br><b>Mindfulness</b>  |
| 21<br><br>1 pm<br><b>Curry Catch-up</b><br>Curry Heaven \$10+ | 22<br><br>1pm<br><b>Café Group</b><br>Baobab Cafe | 23<br><br>2pm <b>Café Group</b><br>3pm <b>Sing for Fun</b><br>(Waiata)<br>both at Pataka | 24<br><br>11am <b>Walking Grp</b> (Kilbirnie)<br>12:15pm <b>Café Grp</b> (Kilbirnie)<br>5:30pm <b>Writing Grp</b> (Evaro) | 25                 | 26<br><br>11:30am <b>Mindfulness</b><br>2:15pm <b>Coffee &amp; Crafts</b><br>both at Evaro |
| 28  |   |  |   |                    |  |

**Venues**     **Curry Heaven**                      **Baobab Café**                      **Evaro (CBD)**                      **Hey George Cafe**                      **Pataka** Cnr Norrie & Parumoana Sts  
 136 Riddiford St, Newtown    152 Riddiford St, Newtown    Lvl 1, James Smiths Corner    17 Bay Road, Kilbirnie

## 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 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
- 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 can 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

Jan: 021 211 8808

**Email:** [admin@amigospeersupport.nz](mailto:admin@amigospeersupport.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

February 2022

Hui-Tanguru

We are partnered with

