



AMIGOS Peer Led Activity Groups January (Kohitaatea)



Monday / Rāhina	Tuesday / Rātū	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere	Saturday / Rāhoroi
					1 New Years Day 11:30am BBQ St Peter's, in city
3 1pm Curry Catch-up Curry Heaven \$10+	4 1pm Café Group Baobab Cafe	5	6 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie)	7	8 2:15pm Coffee & Crafts at Evaro
10	11 1pm Café Group Baobab Cafe	12 2pm Café Group 3pm Sing for Fun (Waiata) both at Pataka	13 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie)	14	15 11:30am Mindfulness 2-4pm Karaoke both at Evaro
17 1 pm Curry Catch-up Curry Heaven \$10+	18 1pm Café Group Baobab Cafe	19	20 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	21	22 11:30am Mindfulness 2:15pm Coffee & Crafts both at Evaro
24	25 1pm Café Group Baobab Cafe	26 2pm Café Group 3pm Sing for Fun (Waiata) both at Pataka	27 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	28	29 11:30am Mindfulness at Evaro

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

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Email: 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

January 2022

Kohitaatea

We are partnered with

