



AMIGOS Peer Led Activity Groups July (Hongonui)



Monday / Rāhina	Tuesday / Rātū	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere	Saturday / Rāhoroi
				1	2 11:30am Mindfulness (Evaro)
4 1pm Curry Catch-up Curry Heaven \$10+ 5:30pm Guitar (Evaro)	5 1pm Café Group Baobab Cafe	6	7 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	8	9 11:30am Mindfulness 1:15pm Coffee & Crafts (new time) (both Evaro)
11 1pm movie: Whina (Penthouse) 5:30pm Guitar (Evaro)	12 1pm Café Group Baobab Cafe	13	14 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	15	16 11:30am Mindfulness Evaro)
18 1 pm Curry Catch-up Curry Heaven \$10+ 5:30pm Guitar (Evaro)	19 1pm Café Group Baobab Cafe	20	21 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	22	23 11:30am Mindfulness 1:15pm Coffee & Crafts (new time) (both Evaro)
25 5:30pm Guitar (Evaro)	26 1pm Café Group Baobab Cafe	27	28 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	29	30 11:30am Mindfulness (Evaro)

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

July 2022

Hongonui

We are partnered with

