



AMIGOS Peer Led Activity Groups March (Poutuu-Te-Rangi)



| Monday / Rāhina | Tuesday / Rātū | Wednesday / Rāapa | Thursday / Rāpare | Friday / Rāmere | Saturday / Rāhoroi |
|---|---|--|---|--------------------|--|
| | 1 1pm Café Group Baobab Cafe | 2 | 3 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro) | 4 | 5 11:30am Mindfulness at Evaro |
| 7 1pm Curry Catch-up Curry Heaven \$10+ | 8 1pm Café Group Baobab Cafe | 9 2pm Café Group 3pm Sing for Fun (Waiata) both at Pataka | 10 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro) | 11 | 12 11:30am Mindfulness 2:15pm Coffee & Crafts both at Evaro |
| 14 | 15 1pm Café Group Baobab Cafe | 16 | 17 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro) | 18 | 19 11:30am Mindfulness |
| 21 1 pm Curry Catch-up Curry Heaven \$10+ | 22 1pm Café Group Baobab Cafe | 23 2pm Café Group 3pm Sing for Fun (Waiata) both at Pataka | 24 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro) | 25 | 26 11:30am Mindfulness 2:15pm Coffee & Crafts both at Evaro |
| 28 | 29 1pm Café Group Baobab Cafe | 30 | 31 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro) | | |

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

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

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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**

March 2022

Poutuu-Te-Rangi

We are partnered with

