



## AMIGOS Peer Led Activity Groups May (Haratua)



Monday / Rāhina	Tuesday / Rātū	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere	Saturday / Rāhoroi
2  1pm <b>Curry Catch-up</b> Curry Heaven \$10+ 5:30pm <b>Guitar</b> (Evaro)	3  1pm <b>Café Group</b> Baobab Cafe	4	5  11am <b>Walking Grp</b> (Kilbirnie) 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> (Evaro)	6	7  11:30am <b>Mindfulness</b> (Evaro)
9  5:30pm <b>Guitar</b> (Evaro)	10  1pm <b>Café Group</b> Baobab Cafe	11	12  11am <b>Walking Grp</b> (Kilbirnie) 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> (Evaro)	13	14  11:30am <b>Mindfulness</b> 1:15pm <b>Coffee &amp; Crafts</b> (new time) (both Evaro)
16  1 pm <b>Curry Catch-up</b> Curry Heaven \$10+ 5:30pm <b>Guitar</b> (Evaro)	17  1pm <b>Café Group</b> Baobab Cafe	18	19  11am <b>Walking Grp</b> (Kilbirnie) 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> (Evaro)	20	21  11:30am <b>Mindfulness</b> Evaro)
23  5:30pm <b>Guitar</b> (Evaro)	24  1pm <b>Café Group</b> Baobab Cafe	25	26  11am <b>Walking Grp</b> (Kilbirnie) 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> (Evaro)	27	28  11:30am <b>Mindfulness</b> 1:15pm <b>Coffee &amp; Crafts</b> (new time) (both Evaro)
30  5:30pm <b>Guitar</b> (Evaro)	31  1pm <b>Café Group</b> Baobab Cafe				

**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

## 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

Jan: 021 211 8808

**Email:** [steve.kohler@xtra.co.nz](mailto: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

May 2022

Haratua

We are partnered with

