



AMIGOS Peer Led Activity Groups September (Mahuru)



Monday / Rāhina	Tuesday / Rātū	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere	Saturday / Rāhoroi
			1 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	2 1:30pm Friday talk St Peters	3 11:30am Mindfulness (Evaro)
5 1pm Curry Catch-up Curry Heaven \$10+ 5:30pm Guitar (Evaro)	6 1pm Café Group Baobab Cafe	7	8 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	9 1:30pm Friday talk St Peters	10 11:30am Mindfulness 1:15pm Coffee & Crafts (new time) (both Evaro)
12 Noon (Miramar walk) Chocolate Frog 1pm Chocolate Frog 5:30pm Guitar (Evaro)	13 1pm Café Group Baobab Cafe	14 4:15pm Smoking support (Evaro)	15 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	16 1:30pm Friday talk St Peters	17 11:30am Mindfulness Evaro)
19 1pm Curry Catch-up Curry Heaven \$10+ 5:30pm Guitar (Evaro)	20 1pm Café Group Baobab Cafe	21	22 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	23 1:30pm Friday talk St Peters	24 11:30am Mindfulness 1:15pm Coffee & Crafts (new time) (both Evaro)
26 Noon (Miramar walk) Chocolate Frog 1pm Chocolate Frog 5:30pm Guitar (Evaro)	27 1pm Café Group Baobab Cafe	28 4:15pm Smoking support (Evaro)	29 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	30 1:30pm Friday talk St Peters	

Curry Heaven
Riddiford St, Newtown

Evaro (CBD)
Lvl 1, James Smiths Cnr

Chocolate Frog Café
Palmers Garden Centre

Baobab Café
Riddiford St, Newtown

Hey George Cafe
17 Bay Road, Kilbirnie

St Peters Undercroft
(green door, behind ch)

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

Sep 2022

Mahuru

We are partnered with

