



## AMIGOS Peer Led Activity Groups June (Pipiri)



<b>Monday / Rāhina</b>	<b>Tuesday / Rātū</b>	<b>Wednesday / Rāapa</b>	<b>Thursday / Rāpare</b>	<b>Friday / Rāmere</b>	<b>Saturday / Rāhoroi</b>
			1 11am <b>Walking Grp</b> (Kilbirnie) 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> -Evaro	2	3 11:30am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> (Evaro) 2-4pm <b>Fishing Group</b>
5 1pm <b>Curry catch-up</b> Planet Spice \$12 + 5.30pm <b>Guitar</b> Evaro	6 1pm <b>Café Group</b> Baobab Cafe	7	8 11am <b>Walking Grp</b> (Kilbirnie) 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> -Evaro	9 <b>Friday Talk</b> Community Law on WINZ benefits.	10 11.30 am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> 2:15pm <b>Coffee &amp; Crafts</b> (Evaro)
12 Noon ( <b>Miramar walk</b> ) Chocolate Frog 1pm Chocolate Frog 5:30pm <b>Guitar</b> -Evaro	13 1pm <b>Café Group</b> Baobab Café	14	15 11am <b>Walking Grp</b> (Kilbirnie) 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> -Evaro	16. <b>Friday Talk</b> <b>Wellington City</b> <b>Mission</b> Past, Present and Future of the Mission	17 11:30am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> (Evaro) 2-4pm <b>Fishing Group</b>
19 1pm <b>Curry catch-up</b> Planet Spice \$12+ 5:30pm <b>Guitar</b> -Evaro	20 1pm <b>Café Group</b> Baobab Café	21	22 11am <b>Walking Grp</b> (Kilbirnie) 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> -Evaro	23. <b>Friday Talk</b> <b>Community Law</b> Worker Right and Worker Wrong.	24 11:30am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> 2:15pm <b>Coffee &amp; Crafts</b> (Evaro)
26 Noon ( <b>Miramar walk</b> ) Chocolate Frog 1pm Chocolate Frog 5.30 pm <b>Guitar</b> Evaro	27 1pm <b>Café Group</b> Baobab Café	28	29	30. <b>Friday Talk</b> <b>Wellington City</b> <b>Council</b> Exploring Community Centres.	

**Planet Spice**  
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 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 Fund
- Balance Aotearoa
- COGS

We do not accept funding from providers of alcohol, tobacco, and gambling.

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

**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

June 2023

(Pipiri)

We are partnered with

