



## AMIGOS Peer Led Activity Groups August (Here-turi-koka)



Monday / Rāhina	Tuesday / Rātū	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere	Saturday / Rāhoroi
	1 1pm <b>Café Group</b> Baobab Cafe	2	3 11am <b>Walking Grp</b> (Kilbirnie) 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> (Evaro)	4 1:30pm <b>Talk</b> —Suicide Loss Support Shelley Brunskill-Matson	5 11:30am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> 2:15pm <b>Coffee &amp; Crafts</b> (Evaro)
7 1pm <b>Curry catch-up</b> Planet Spice \$12+ 5:30pm <b>Guitar</b> (Evaro)	8 1pm <b>Café Group</b> Baobab Cafe	9	10 11am <b>Walking Grp</b> (Kilbirnie) 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> (Evaro)	11 1:30pm <b>Talk</b> —Workbridge Karen Forsyth	12 11:30am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> (Evaro) 2:30-4:30pm <b>Fishing</b>
14 5:30pm <b>Guitar</b> (Evaro)	15 1pm <b>Café Group</b> Baobab Cafe	16	17 11am <b>Walking Grp</b> (Kilbirnie) 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> (Evaro)	18 1:30pm <b>Talk</b> —Kaibosh Food Rescue Nicky Boughtwood	19 11:30am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> (Evaro) 2:15pm <b>Coffee &amp; Crafts</b> (TWOM)
21 1pm <b>Curry catch-up</b> Planet Spice \$12+ 5:30pm <b>Guitar</b> (Evaro)	22 1pm <b>Café Group</b> Baobab Cafe	23	24 11am <b>Walking Grp</b> (Kilbirnie) 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> (Evaro)	25 1:30pm <b>Talk</b> —Workwise Shona Sen	26 11:30am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> (Evaro) 2:30-4:30pm <b>Fishing</b>
28 5:30pm <b>Guitar</b> (Evaro)	29 1pm <b>Café Group</b> Baobab Cafe	30	31 11am <b>Walking Grp</b> (Kilbirnie) 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> (Evaro)		

**Planet Spice**  
Riddiford St, Newtown

**Evaro (CBD)**  
Lvl 1, James Smiths Cnr

**TWOM**  
Te Whare O Matairangi

**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
- CH IZARD Bequest
- 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

Mary: 027 684 4909

**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

August 2023

Here-turi-koka

We are partnered with

