



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



Monday / Rāhina	Tuesday / Rātū	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere	Saturday / Rāhoroi
				1	2 11.30am Mindfulness 1pm Movement for Fun 2:15pm Coffee & Crafts (Evaro)
4 1pm Curry catch-up Planet Spice \$13+ 5:30pm Guitar (Evaro)	5 1pm Café Group Baobab Café	6 	7 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	8	9 11.30am Mindfulness 1pm Movement for Fun (Evaro) 2.30-4.30pm Fishing
11 5:30pm Guitar (Evaro)	12 1pm Café Group Baobab Café	13 	14 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	15	16 11:30am Mindfulness 1pm Movement for Fun (Evaro) 1-3pm Coffee & Crafts (TWOM)
18 1pm Curry catch-up Planet Spice \$13+ 5.30pm Guitar (Evaro)	19 1pm Café Group Baobab Cafe	20	21 12:15pm Café Grp (Kilbirnie) 5.30pm Writing Grp (Evaro)	22	23 11.30 am Mindfulness 1pm Movement for Fun (Evaro) 2:30-4:30pm Fishing
25 5.30pm Guitar (Evaro)	26 1pm Café Group Baobab Cafe	27	28 12:15pm Café Grp (Kilbirnie) 5.30pm Writing Grp (Evaro)	29 (Fishing is at the sea wall, by Miramar Wharf)	30 11.30 am Mindfulness 1pm Movement for Fun (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 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 supporters
- Christine Taylor Foundation for Mental Health
- CH Iazard Bequest
- Wellington City Council
- Wellington Community Fund
- COGS
- TG Macarthy Trust

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

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 2024

Poutuu-Te-Rangi

We are partnered with

