



## AMIGOS Peer Led Activity Groups May (Haratua)



Monday / Rāhina	Tuesday / Rātū	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere	Saturday / Rāhoroi
		1 	2 12:15pm <b>Café Grp</b> (Kilbirnie) 5.30pm <b>Writing Grp</b> (Evaro)	3	4 11.30am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> 2:15pm <b>Coffee &amp; Crafts</b>
6 1pm <b>Curry catch-up</b> Planet Spice \$13+ 5:30pm <b>Guitar</b> (Evaro)	7 1pm <b>Café Group</b> Baobab Café	8	9 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> (Evaro)	10	11 11.30am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> 2pm <b>Karaoke</b> (Evaro)
13 5.30pm <b>Guitar</b> (Evaro)	14 1pm <b>Café Group</b> Baobab Café	15 	16 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> (Evaro)	17	18 11:30am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> (Evaro) 1-3pm <b>Coffee &amp; Crafts</b> (TWOM)
20 1pm <b>Curry catch-up</b> Planet Spice \$13+ 5.30pm <b>Guitar</b> (Evaro)	21 1pm <b>Café Group</b> Baobab Cafe	22	23 12:15pm <b>Café Grp</b> (Kilbirnie) 5.30pm <b>Writing Grp</b> (Evaro)	24	25 11.30 am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> (Evaro) 2:30-4:30pm <b>Fishing</b>
27 5.30pm <b>Guitar</b> (Evaro)	28 1pm <b>Café Group</b> Baobab Cafe	29 	30 12:15pm <b>Café Grp</b> (Kilbirnie) 5.30pm <b>Writing Grp</b> (Evaro)	31	

**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 supporters
- Christine Taylor Foundation for Mental Health
- CH IZARD 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](mailto:steve.kohler@xtra.co.nz)

**Email:** [ireland.indigo@gmail.com](mailto:ireland.indigo@gmail.com)

**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 2024

Haratua

We are partnered with

