





AMIGOS Peer Led Activity Groups November (Whiringa- a-rangi)



Monday / Rāhina	Tuesday / Rātū	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere	Saturday / Rāhoroi
		1 	2 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	3	4 11:30am Mindfulness 1pm Movement for Fun 2:15pm Coffee & Crafts (Evaro)
6 1pm Curry catch-up Planet Spice \$12+ 5:30pm Guitar (Evaro)	7 1pm Café Group Baobab Cafe	8 	9 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	10 Friday Talk Dr Gabrielle Jenkin on better design of acute mental health units.	11 11.30am Mindfulness 1pm Movement for Fun (Evaro) 2.30-4.30pm Fishing
13 5:30pm Guitar (Evaro)	14 1pm Café Group Baobab Cafe	15 	16 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	17	18 11:30am Mindfulness 1pm Movement for Fun (Evaro) 1-3pm Coffee & Crafts (TWOM)
20 1pm Curry catch-up Planet Spice \$12+ 5:30pm Guitar (Evaro)	21 1pm Café Group Baobab Cafe	22	23 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	24	25 11.30 am Mindfulness 1pm Movement for Fun (Evaro) 2:30-4:30pm Fishing
27 5:30pm Guitar (Evaro)	28 1pm Café Group Baobab Cafe	29	30 11am Walking Grp (Kilbirnie) 12:15pm Café Grp (Kilbirnie) 5:30pm Writing Grp (Evaro)	(Fishing is at the sea wall, by Miramar Wharf)	Note that crafts at TWOM is now on the third Saturday at 1pm.

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 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

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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

November 2023

Whiringa-a-rangi

We are partnered with

