



## AMIGOS Peer Led Activity Groups September (Mahuru)



<b>Monday / Rāhina</b>	<b>Tuesday / Rātū</b>	<b>Wednesday / Rāapa</b>	<b>Thursday / Rāpare</b>	<b>Friday / Rāmere</b>	<b>Saturday / Rāhoroi</b>
<b>2</b> 11am <b>Cable Top Eatery</b> 1pm <b>Curry catch-up</b> Planet Spice \$13+ 5:30pm <b>Guitar</b> (Evaro)	<b>3</b> 1pm <b>Café Group</b> Baobab Cafe	<b>4</b>	<b>5</b> 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> (Evaro)	<b>6</b>	<b>7</b> 11:30am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> 2:15pm <b>Coffee &amp; Crafts</b> (Evaro)
<b>9</b> 11am <b>Cable Top Eatery</b> 5:30pm <b>Guitar</b> (Evaro)	<b>10</b> 1pm <b>Café Group</b> Baobab Cafe	<b>11</b>	<b>12</b> 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> (Evaro)	<b>13</b>	<b>14</b> 11:30am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> (Evaro) 3:30-5:30pm <b>Fishing</b>
<b>16</b> 11am <b>Cable Top Eatery</b> 1pm <b>Curry catch-up</b> Planet Spice \$13+ 5:30pm <b>Guitar</b> (Evaro)	<b>17</b> 1pm <b>Café Group</b> Baobab Cafe	<b>18</b>	<b>19</b> 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> (Evaro)	<b>20</b>	<b>21</b> 11:30am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> 1-3pm <b>Coffee &amp; Crafts</b> (TWOM)
<b>23</b> 11am <b>Cable Top Eatery</b> 5:30pm <b>Guitar</b> (Evaro)	<b>24</b> 1pm <b>Café Group</b> Baobab Cafe	<b>25</b>	<b>26</b> 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> (Evaro)	<b>27</b>	<b>28</b> 11:30am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> (Evaro) 3:30-5:30pm <b>Fishing</b>
<b>30</b> 11am <b>Cable Top Eatery</b> 5:30pm <b>Guitar</b> (Evaro)					

**Planet Spice**  
Riddiford St, Newtown

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

**Cable Top Eatery**  
Top of cable car

**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 Iazard Bequest
- Wellington City Council
- Wellington Community Fund
- TG Macarthy Trust
- 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

September 2024

Mahuru

We are partnered with

**evaro**  
empowering adults with disabilities