

## Amigos Newsletter May 2024



### Amigos 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 wellbeing.

### Amigos Coordinator:

Indigo is working as a temporary coordinator for Amigos Peer Support Group again, you may see her around at events and meetings.



### Te Papa trip:

14 Amigos attended a visit to Te Papa, which started with an amazing tour led by Portia in her own time! Followed with lunch paid for thanks to a bequest from Conray Samuel. After that we had some free time to explore on our own before we went around the dinosaur exhibit, looking at the huge bones and reading about the history.

### Upcoming Talk:

On the 5<sup>th</sup> of July at 1:30pm we have a talk held by Emily Cooney on the topic of CBT hacks and strategies for more happiness and less suffering. This talk will be held in St Peters Garden room at 170 Victoria Street, Te Aro.

### Upcoming winter season:

As we move into the colder months it is important to remember to book in for the COVID19 booster and yearly flu shot. These are a great way to protect both yourself and your whānau during these colder months. Free for people aged 65+, or 60+ if you are Māori or Pasifika