



	Rāhina - Monday	Rātū - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
1st Mon.		Gardening Tuesdays Starts again on July 20 Contact Robyn or Jo	Peerzone First Steps 10:00am Contact Adrian 027 411 1832		Peerzone Next Steps 10:00am Contact Adrian 027 411 1832
2nd Mon.					
3rd Mon.					
4th Mon.	Spirituality Peer Support Group 11:00am Contact Sean				
Afternoons					
1st Mon.	Autism Group	Tai Chi: June 7, 1:00pm	Peer Support		Peer Support: Digital Focus
2nd Mon.	Brain Injury Group	Tai Chi: contact Meryl, returning to fortnightly soon	book with Adrian		book with Adrian
3rd Mon.	Dissociative experiences	Walking for Wellness: 1:00pm	2pm		2pm
4th Mon.	Rainbow Group	Wellness walks 3rd Tuesdays: contact Sean	3pm		3pm
	1:00pm Contact Rachael		4pm		4pm
Evenings					
			ACA MTG: 7:15pm		Workaholics Anonymous: 4:45pm



connect:

a place to come together and grow as we support each other.

Hosted at Te Whare Barnett/ Barnett House

www.stepstone.org.nz/our-services/barnetthouse/

Facebook: www.facebook.com/TeWhareBarnett/

ALL EVENTS ARE FREE

Most activities are simple to attend: come along and join in.
Some activities prefer bookings so we can manage our resources better.
Some events do not happen on public holidays, check with the co-ordinators.

Monday morning groups 11:00am

Wairua-focused Peer Support Group

For anyone interested in discussing wairua or spirituality. Wairua is one of the walls in the Te Whare Tapa Whā model of health and this is a safe space to discuss ways in which it takes shape in our lives and in the lives of the people around us.

Co-ordinator: Sean Pawson – seanp@stepstone.org.nz

Monday afternoon groups 1.00-2.30pm

Autism group

For self & clinically diagnosed autistic people and those questioning if they are autistic. Support people/dogs are welcome. Speaking/eye contact optional. We will have a discussion topic, a speaker or a video each month. Other neurodivergent people (eg, ADHD) are welcome.

Brain Injury & concussion group

Brain injury & concussion support group. For those with lived experience and their supporters and allies.

Dissociative experiences

This group is for anyone interested in exploring their own experiences of dissociation.

LGBTQIa+ rainbow group

Supporters and allies of people in these communities are welcome. Monday groups are run by people with their own lived experience, as are all our peer groups.

Co-ordinator: Rachael East – rachaele@stepstone.org.nz

Tuesday morning groups

Gardening group: starts again on July 20

Co-ordinators: Robyn and Jo – bh@stepstone.org.nz

Tuesday afternoon groups 1:00pm

Tai Chi: fortnightly (soon)

Co-ordinators: Meryl – meryl.kennedy@yahoo.com

Walking for Wellness

Nature and spirituality walk: engage intentionally with nature.

Co-ordinator: Sean Pawson – seanp@stepstone.org.nz

Wednesday morning groups 10:00am

Peerzone first steps: in person, or online attendance

- 1 Understanding our distress
- 2 Dealing with stress
- 3 Leading our recovery
- 4 Exploring our stories

Peerzone workshops are co-designed and facilitated by people with lived experience of mental distress by and for people who may be experiencing distress themselves.

Co-ordinator: Adrian Price – adrianp@stepstone.org.nz

Wednesdays 7.15pm

Adult Children of Alcoholics & Dysfunctional Families

A twelve-step programme for people brought up in alcoholic or otherwise dysfunctional homes

Co-ordinator: ACA Aotearoa/NZ – (for more info go to www.adultchildren.nz)

Friday morning groups 10:00am

Peerzone next steps: in person, or online attendance

These Workshops are for those who have completed the first steps workshops. Workshops undertaken are chosen by the group based on their recovery interests

Co-ordinator: Adrian Price – adrianp@stepstone.org.nz

Peer Support sessions: Wednesday and Friday afternoons

Every Wednesday at 2pm, 3pm, and 4pm sessions are available for general peer support with the Stepping Stone Trust community peer support team.

Every Friday at 2pm, 3pm, and 4pm sessions available for tech/digital learning

Book here for both types of one-on-one peer support: <https://peersupport.youcanbook.me/>

Friday afternoons: 4:4 -5 :45

Workaholics Anonymous

A fellowship of individuals who share their experience, strength, and hope with each other that they may solve their common problems and help others to recover from workaholism, pop by and introduce yourself.