

communities
connect

hosted at
te Whare Barnett/Barnett House
102 domain terrace



Rāhina - Monday		Rātū - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
			<p>Flourish A closed group for alumni of Peerzone and MindWise 10:00-11:30</p>		<p>Art for wellbeing group 10:30 – 12:30 for anyone from beginners to experienced (no experience necessary, just a desire to have fun and be expressive)</p>
Afternoons					
1:00 pm					
1st Mon.	Dissociative experiences		<p>Different! 12:30-2:00pm A group for neurodivergent parents, and/or parents of neurodivergent Tamariki.</p>		<p>Singing for wellbeing 1:00-2:30 pm Have fun, improve breathing, learn new songs & enjoy familiar ones. Totally non-judgemental group setting, give it a go!.</p>
2nd Mon.	Autism Group				
3rd Mon.	Dissociative experiences		<p>Peer Support: book with Adrian 2pm, 3pm, 4pm</p>		<p>Peer Support: Digital Focus book with Adrian 2pm, 3pm 4pm</p>
4th Mon.	Rainbow Group				
Contact Rachael about Monday afternoon groups					



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 groups 1.00-2.30pm

Dissociative experiences

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

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 (e.g., attention/focus issues) are always welcome.

Co-ordinator: Ella – ellah@stepstone.org.nz

LGBTQIA+ rainbow group

Supporters and allies of people in these communities are welcome.

Co-ordinator EJ (emma-janeu@stepstone.org.nz)

These groups are run by people with their own lived experience, as are all our peer groups.

Wednesdays

Flourish: 10:00am

Flourish is a peer-led reflective space based on Mindwise and Peerzone's languages of recovery for those of our community who experience the world around them through a big-feelings lens.

Different! 12:30pm

A closed group for neurodivergent parents, and/or parents of neurodivergent Tamariki. (Self or clinically diagnosed)

A safe space to come and connect, share experiences, wisdom and build a community together. Grounding amid lives with our humans who are different and have different needs to the mainstream.

Co-ordinator: Ella – ellah@stepstone.org.nz

Peer Support sessions: Wednesday and Friday afternoons

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

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

Fridays:

Art for Wellbeing group

Frances has been facilitating art for Barnett House and is bringing a weekly art group back to the House to cover water colours, mosaics, collage, pencil and paint and other techniques all in a supportive and relaxed environment. She is keen to use her background in art in lived experience/peer focused spaces such as Barnett House.

Limit 6 – book each week separately if you wish to attend as group membership changes weekly based on interest. You can book up to a fortnight in advance. Please book via Julie at SST reception on 03-338-6390, office@stepstone.org.nz or with Frances on the day for the next week's session.

Singing for Wellbeing.

Facilitated by Frances Caldwell who established the Mood Swingers singing group in Canterbury that ran for many years and who is a current member of both a singing trio and a 30-person choir.

Frances has a background in musical theatre and acting and is currently focusing on singing groups as a creative outlet in this area of creative expression.