



Rāhina - Monday	Rātū - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
<b>Autism Group</b> 11am to 12:30pm	<b>Whānau coffee, tea, Milo group</b> 11:30am-12:30pm For Caroline Reid parents only	<b>Flourish</b> 10:00-11:30 A closed group for alumni of Peerzone and MindWise	<b>Connect 4 wellbeing</b> 10:00-11:30 A welcoming space to connect, share experiences, wisdom and build supportive connections that enhance wellbeing. Come as you are, Everyone's welcome!	<b>Art for wellbeing</b> 10:30 – 12:30 for anyone from beginners to experienced
<b>Dissociative Experiences Group</b> 1:00pm to 2:30pm		<b>Different!</b> 12:30-2:00pm Neurodivergent Experiences Group	<b>Rainbow group</b> 12:30-2:00pm Every two weeks	<b>Singing for wellbeing</b> 1:00-2:30 pm Have fun, improve breathing, learn new songs & enjoy familiar ones. Totally non-judgemental group setting, give it a go!
				<b>Peer Support:</b> 2pm, 3pm, 4pm book with Adrian



## 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/](http://www.stepstone.org.nz/our-services/barnetthouse/)

Contact [bh@stepstone.org.nz](mailto:bh@stepstone.org.nz) 027 411 1832

### **Mondays:**

#### **Autism group**

For self & clinically diagnosed autistic people and those questioning if they are autistic. Support people/dogs are welcome. Speaking/eye contact optional. Other neurodivergent people (e.g., attention/focus issues) are always welcome.

#### **Dissociative experiences**

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

Co-ordinator: Ella – [ellah@stepstone.org.nz](mailto:ellah@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 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](mailto:ellah@stepstone.org.nz)

### **Thursdays:**

#### **Connect 4 wellbeing-10am – 11:30am**

A welcoming space to connect, share experiences, wisdom and build supportive connections that enhance wellbeing. Come as you are, Everyone's welcome!

Co-ordinator: Josh – [joshm@stepstone.org.nz](mailto:joshm@stepstone.org.nz)

#### **LGBTQIA+ rainbow group – 12:30 –2:00pm**

Supporters and allies of people in these communities are welcome.

Co-Ordinator: Beau [beauh@stepstone.org.nz](mailto:beauh@stepstone.org.nz)

### **Fridays:**

#### **Art for Wellbeing group**

Facilitated by Frances who has a background in art and creativity, mental health peer support leadership, and facilitating social and emotional recovery following disaster. Since 2020 she's been facilitating Art for Wellbeing sessions in a variety of mental health and art spaces including Linwood Community Arts Centre, Specialist Mental Health Services and Barnett House Recovery College.

Space at the Friday sessions is limited, so please let us know in advance if you wish to attend. You can either leave a message for Frances via email [BH@stepstone.org.nz](mailto:BH@stepstone.org.nz) or phone/text 022 1113092. Or you can book via Stepping Stone Trust reception at [office@stepstone.org.nz](mailto:office@stepstone.org.nz) or 03-338-6390.

#### **Singing for Wellbeing.**

Facilitated by Frances who has a background in singing, creativity and mental health peer support leadership. Learn new songs, enjoy familiar ones and enjoy all the evidence-based benefits of singing – improved breathing and thinking, emotional expression and social connection – in a totally non-judgemental and supportive group setting. Just turn up, or leave a message for Frances via email [BH@stepstone.org.nz](mailto:BH@stepstone.org.nz) or phone/text 022 1113092

#### **Peer Support sessions: Friday afternoons**

Every 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/>

## **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.