

communities
connect

hosted at
 te Whare Barnett/Barnett House
 102 domain terrace



Rāhina - Monday	Rātū - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
<p>Autistic Experiences 11am to 12:30pm</p>	<p>Flourish 10:00-11:30 A closed group for alumni of Peerzone and MindWise</p>	<p>Explore:What peer support feels like 10:00-12:00</p>		<p>Art for wellbeing 10:30 – 12:30 for anyone from beginners to experienced</p>
<p>Dissociative Experiences Group 1:00pm to 2:30pm</p>		<p>Different! 12:30-2:00pm Neurodivergent Experiences Group</p>	<p>Rainbow group Coming Soon! We hope.</p>	<p>Peer Support: 2pm, 3pm, 4pm book with Adrian</p>
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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/
Contact bh@stepstone.org.nz 027 411 183

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

Mondays:

Autistic Experiences 11:00am – 12:30pm

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 1:00pm – 2:30pm

This group is for anyone interested in exploring their own experiences of dissociation.
Co-ordinator: Ella – ellah@stepstone.org.nz

Tuesdays:

Flourish: 10:00am – 11:30am

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.

Wednesdays:

Explore:

Learning about what working in peer support feels like.
Co-ordinator Adrian 027 411 1832

Different! 12:30pm – 2:30pm

A peer support group for neurodivergent humans (Self or clinically diagnosed).
A safe space for those looking for connection, acceptance and support, as we ride the highs and lows of life as neuro-divergent humans.
Co-ordinator: Ella – ellah@stepstone.org.nz

Thursdays:

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

Call Adrian 027 411 1832, if you're interested in this group, and potentially facilitating this group.

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.

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 or phone/text 022 1113092. Or you can book via Stepping Stone Trust reception at office@stepstone.org.nz or 03-338-6390.

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.

Many events do not happen on public holidays, check with the co-ordinators.