

## **Kapiti Coast**

Every Monday  
10.30 - 12.00pm  
The Sunflower Group at Café Brie,  
Coastlands, Paraparaumu

*and*

1<sup>st</sup> Tuesday each month  
7 - 8.30pm  
at Kapiti Choices  
82 Kapiti Rd, Paraparaumu

**Contact Alison Chadwick**  
**04 902 0753**  
**alison@atareira.org.nz**

## **Porirua**

1<sup>st</sup> Tuesday each month  
1.30 - 3pm  
At Summerset  
15 Aotea Drive, Porirua

*and*

Last Wednesday each month  
7 - 8.30pm  
At Pember House  
16 Hagley St, Porirua

**Contact Anne McGregor**  
**04 499 1062**  
**anne@atareira.org.nz**



## **Family/Whanau Support Groups**

Support groups are facilitated by our Family/Whanau support workers. They provide an opportunity for you to meet regularly with other family/whanau and friends of people experiencing mental illness.

## **Wellington**

Last Tuesday each month  
12.30 - 2pm

At Atareira, level 1  
274 Taranaki Street, Wellington

**Contact Laura Buyn**  
**04 499 1062**  
**laura@atareira.org.nz**

## **Lower Hutt**

4<sup>th</sup> Thursday each month  
7 - 8.30pm  
At Take 5  
212 Knights Rd, Lower Hutt  
(Waterloo train/bus depot)

## **Upper Hutt**

2<sup>nd</sup> Wednesday each month  
12 - 1.30pm  
At Citizens Advice Bureau  
18 Logan Street, Upper Hutt

**Contact Elaine Winchester**  
**04 499 1062**  
**elaine@atareira.org.nz**