

Kapiti Coast

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

and

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

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

Porirua

1st 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

Our support groups for family/whanau and friends of people experiencing mental health and/or addiction issues are facilitated by the family/whanau worker in your area. Groups meet regularly and provide an opportunity to gain support, share experiences and explore relevant topics in a welcoming environment.

For more information please contact your local family/whanau worker.

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

Upper Hutt

2nd Wednesday each month
1 - 2.30pm
At Citizens Advice Bureau
18 Logan Street, Upper Hutt

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