

Please Note:

Nau mai, haere mai ki te Ngahuru at Whāriki.

Welcome to our Autumn Programme here at Whāriki.

Choose-day Tuesday is an all-new group dedicated to finding new and exciting activities and spaces in your local area to enjoy, explore and perhaps gain a little insight into what's on your doorstep. Strictly limited to 6 participants. Join us for the **Gold Coin Coffee Group** every Thursday. We leave Whāriki at 10:30am. Or meet us at the venue, which will be shared with participants in the confirmation email.

Analogue Adventures and Activities is a relaxed approach to a variety of mixed activities from boardgames to craft, music, and more.

Walking Group is back for a Monday and Wednesday. This is a Weather Dependent Group, so if it's raining, please stay home, stay warm and stay dry.

Due to space restrictions, some of our groups are very limited in size. Please understand that your registration is not a guarantee of your placement. We do our best. Thank you for understanding.

Ready to register?

Scan the QR code and follow the link...



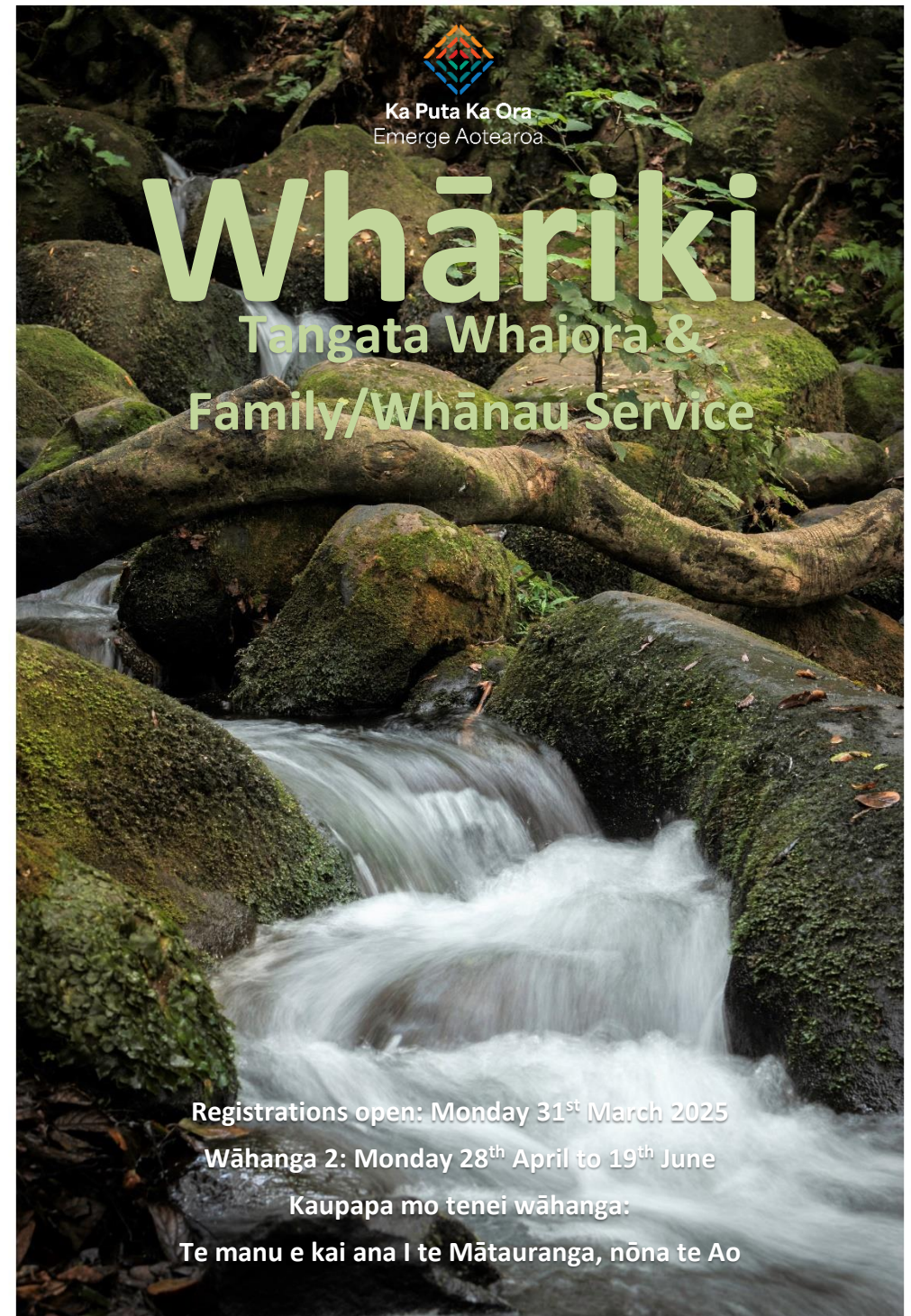
PROGRAMME MAYBE SUBJECT TO CHANGE

For more information about our services please contact:

Ph: 09 279 8233 Mobile: 021 495 719

Email: whariki@emergeaotearoa.org.nz

Address: 54 Carruth Road, Papatoetoe 2025



Registrations open: Monday 31st March 2025

Wāhanga 2: Monday 28th April to 19th June

Kaupapa mo tenei wāhanga:

Te manu e kai ana I te Mātauranga, nōna te Ao

	Art Room	Rainbow Room	Studio	Off Site or Kitchen
Monday/Rāhina		Anxiety Support Group 11:00 – 12:30pm Arlene/Tim (10)	Craft Group 10:00 – 12:30pm Berenice/Troy (10)	Walking Group 9:30 – 10:15am Arlene/Troy (10)
Tuesday/Rātu			Hearing Voices Support Group 11:00 – 12:30pm Arlene/Troy (10)	Choose-day Tuesday 10:00 – 12:30pm Tim/Berenice (6)
Wednesday/Rāapa			WRAP 10:00 – 12:00pm Berenice/Tim (10)	Walking Group 9:30 – 10:15am Arlene/Troy (10) Food for Thought 10:30 – 12:30pm Troy/Arlene (6) Autumn Recipes
Thursday/Rāpare			Analogue Adventures and Activities 11:00 – 12:30pm Tim/Berenice (10)	Gold Coin Coffee Group 10:30 – 12:30pm Arlene/Troy (6)
Friday/Rāmere			Gardening Group 10:00 – 12:00 pm Weather dependent Berenice/Tim (8)	Baking 101 10:00 – 11:30pm Troy/Arlene (6) Peer Recovery Support Group 11:00 – 12:30pm Arlene/Troy (10)