

Support and Educational Groups in Taranaki

(For those experiencing mental distress and alcohol and drug issues)

*Friendship and Fun * Social Activities * Encouragement * Education * Creative Activities * Empowerment*

**PLEASE CHECK THIS WEBSITE PAGE FROM TIME TO TIME AS DETAILS MAY ALTER
AND WE DO UPDATE REGULARLY**

In New Plymouth...

Like Minds Taranaki

*Third Floor, BNZ Building, Devon St West
P O Box 5015, N. P. Tel: 06 759 0966*

Reference Group – 2nd and 4th Wednesday of the month,
10.30 – 12.00 noon

Taranaki Disability Information Centre, 28 Young Street,
New Plymouth – contact Frances Tel: 06 759 0966

Post Natal Peer Support Group – 1st and 3rd Monday of
the month, 10.00am – 12.00 noon at the Women's Centre,
Community House, 32 Leach Street, New Plymouth (near the
YMCA) with Nicola and Erin.

Contact Like Minds Tel: 06 759 0966

Creative Writing Group – 3rd Thursday of the month.
2.00 pm – 3.00pm. At Like Minds Office, Level 3 BNZ Building,
Devon Street West, New Plymouth.
Contact Frances Tel: 06 759 0966

Mahia Mai A Whai Tara Trust

8 Warre Street, Waitara Tel: 06 754 4669

Open Peer Support Group – Social, or creative activity, 3rd
Tuesday of the month. 5.15 pm to 7.15 with Chris from Mahia
Mai A Whai Tara. No charge.
Tel: 06 754 4669

TDHB Alcohol and Drug Service

**F.A.D.S – Family / Whanau Alcohol and Drug Support
Group** – Peer group for people who support a loved one with
alcohol and drug issues. Every Tuesday from 6.00 pm to 7.30
pm at Alcohol and Drug Service, TDHB, with Sue Philipson
AOD Family Advisor
Tel: 06 753 7838 ext 7949

Progress to Health

15 Dawson Street, New Plymouth. Tel: 06 757 5549

Tai Chi Group - Wed 10.30 -11.30 a.m. (with Anne)

Arts Group -Thurs 10 - 12.a.m. (with Anne)

Social Group – Please call Progress to Health for details

Women's Group – Please call Progress to Health for details

Craft /Social Group – Call Progress to Health for details

Mate's Group – Last Thurs of month 1.00 - 3.00 (with Kerry)

Taranaki Disability Information Centre (TDIC)

28 Young Street, NP, Tel:06 759 0019

Mates Group - (Men only) at TDIC 2nd & last Thursday of
the month Please phone 06 759 1163 for details.

Creative Space

Creative Art Group. Gold Coin donation.
Every Friday 10.00 am – 4.00 pm at Disabled Citizens Craft
Rooms, 83 Hine Street New Plymouth.
Contact Michele Burnside at Taranaki Disability Information
Centre Tel: 06 759 0019

In Waitara:

Mahia Mai A Whai Tara Trust

8 Warre Street, Waitara. Tel: 06 754 4669

Open Peer Support Group- Every Friday 1.00 pm –
3.00 pm at Mahia Mai offices – Facilitated by Chris from
Mahia Mai.

Tel: 06 754 4669

In Eltham:

Te Mangai

P O Box 5142, New Plymouth Tel: 06 759 4300

Open Peer Support Group – Held every alternate
week at Mount View Trust, 15 Hill Street, Eltham. 10.00
am – 1.00 pm. The day to meet varies so please contact
Kevin Brown from Te Mangai Tel: 06 759 4300 or 0508
ADVOCATE for more information.

Educational Groups:

**Adjustment to Parenthood – “Feel Good About
Me”** – for women with depression and postnatal anxi-
ety . Referral through Maternal Mental Health Service –
Contact Sally Phillips - Maternal Mental Health Worker
Tel: 06 753 7749 ext 8545

**Driver's Licence * Assertiveness * Managing
Stress * Create a CV * Job Interview Skills *
Computing Level 1, 2, 3** * These and other Personal
Development Classes offered through **Progress to
Health**. Tel: 06 757 5549

Oranga Ngatahi – Physical Well-being Programme –
Beneficial lifestyle changes, fully equipped gym, walking
group, sports / social group on Friday – Contact Cindy
on Tel: 06 759 300 or 027 277 2327

Women's Group (Alcohol & Drug Issues) Please con-
tact Rachael Tel: 06 753 7838 ext 7326

Men's Group (Alcohol and Drug Issues) Please con-
tact Peter Scannell Tel: 06 753 7838 ext 8557

Mindfulness Group – Facilitated by Dr Heble – One
hour a week for six weeks. A skills learning group that
teaches us how to live in the present moment, and how
to access our own inner resources for insight, transfor-
mation and healing. Referral through Mental Health Ser-
vices – Contact Nancy Tel: 06 753 7749

Social Skills Group – Facilitated by Martina. This
group teaches us how to have confidence in social inter-
actions and equips us to communicate our thoughts,
feelings, needs and wants to other people and to re-
spond when others communicate the same. Referral
through M H Services
Contact Martina Tel: 06 753 7749.