

PEER TO PEER

If you wish to find out more about the Peer to Peer Support Group, please contact Jill Renata or Leigh Warburton at Supporting Families Wairarapa on 06 377 3081



SUPPORTING FAMILIES WAIRARAPA

PATHWAYS TO WELLBEING

Nga Ara Oranga

Promoting Wellbeing by:

- Providing information on mental health and disability
- Supporting people with disability into employment and further education
- Supporting families/whanau with mental health information and advocacy
- Reducing stigma around mental illness and disability through education and promotion

SERVICE HOURS

Vocational Services: Monday to Wednesday
9.00am to 5.00pm

Family/Whanau and Like Minds Services:
Monday to Friday
9.00am to 5.00pm

Resource and Information Centre
Monday to Friday 10.00am to 3.00pm

FOR MORE INFORMATION PLEASE CONTACT US AT:
323 QUEEN STREET (OPPOSITE TRANZIT)
PO BOX 2110 MASTERTON
PHONE: (06) 377 3081 FAX: (06) 377 5263
EMAIL: admin@sfwai.org.nz



Supporting Families Wairarapa
Awahi Whanau O Wairarapa

Pathways to Wellbeing Nga Ara Oranga

WOMENS PEER to PEER SUPPORT PROGRAM



A 10 WEEK PROGRAM OF
WORKSHOPS TO
DEVELOP SKILLS AND
STRATEGIES TO HELP
WITH DAILY LIVING AND
MAINTAINING GOOD
HEALTH

BY WOMEN

The program is run by women trained in facilitation. If anything is disclosed of a personal nature which is difficult or painful they will be happy to provide time afterwards to listen, support and get the right help in place to resolve the situation.

The group is closed after the first session so that the group members can be open with one another without worrying about the fear of new people coming in on discussions.

Research has shown that these kinds of groups are both valuable from a practical perspective as well as life affirming with the shared experiences giving meaning and importance to everyone present.

KEY CONCEPTS include:

- Hope
- Personal Responsibility
- Education
- Self-Advocacy
- Support
- Peer Support
- Peer Counselling
- Self-Esteem
- Changing Negative Thoughts To Positive Ones



WRAP

The course design is based on the Mary Ellen Copeland approach utilizing the WRAP which stands for **Wellness Action Recovery Planning**

It is an individualized toolkit which group members create for themselves to help get things back on track

