

jigsaw

Peer Support Groups



Here is an update on our support groups.

Our Tuesday group will still be held at 1-3pm but will be at a new venue in New Lynn starting on 1st July.-

Our Thursday group remains in Henderson at 1-3pm.

An evening Group will be starting in Henderson on Monday

30th June from 6:30-8:30.

Groups are available for West Auckland residents between the ages of 18-65, who live with a Mental Health issue. People need to be able to demonstrate a level of functioning that enables them to participate as a group member.

For more information contact jigsaw
8375240