

Free and Fun Wellbeing Workshops



Developed by Emerge Aotearoa, Concrete Jungle is run by facilitators with lived experience.

General Workshop Format

- Participants are encouraged to connect with each other in a peer-to-peer environment.
- Our peer workshop facilitators encourage participants to share well-being tools.
- Group participation is safely and actively supported through discussions, brainstorming, problem solving activities and energisers.
- Participants can also access one-to-one peer support when needed.

What's Included

- Light refreshments at the workshops
- Relevant wellbeing resources, folder, and notebook
- Graduation – certificate, small gift, and kai

Examples of the Workshop Topics Include

- Confidence & Self-Esteem
- Resilience
- Healthy Relationships
- Cultural Awareness
- Creative Expression
- Problem Solving

Referrals

- Anyone who identifies as experiencing mental health distress and/or addictions aged over eighteen.
- Tāngata Whaiora can be referred to our service by their clinical care teams, whanau, or by self-referral.
- Send referrals to personalconnections.referrals@emergeaotearoa.org.nz or contact:
 - Andrew McGregor – Service Manager 027 700 9114
 - Jude Simons – Peer Workshop Facilitator 027 700 9921

*"Awesome class and content.
Learnt heaps about myself".*

"Grew heaps and more resilient".

"Very friendly and welcoming".

"I felt more involved and listened to".