

What is PeerZone?

PeerZone is a peer-led workshop series delivered by our skilled team of peer workshop facilitators, who all have lived experience of mental distress and/or addictions. The workshops explore distress, recovery, and what influences our mental health and well-being.

Why participate?

PeerZone invites people to rebuild a more positive story of their lives, offers self-help wellness tools for holistic wellbeing, and creates a community of mutual support

There is evidence that shows peer support and peer-led recovery education does improve people's lives. Research on the PeerZone workshops has shown it can reduce mental health distress, increase social connections, coping skills and quality of life.

Some of our PeerZone workshop topics include: - Leading Our Recovery - Understanding Our Distress - Finding Our Voices - Dealing with Crisis - Coping With Stress.

Who can participate?

PeerZone workshops are open to anyone over the age of 18 and who identifies as experiencing mental health distress and/or addictions.

What happens in the workshops?

- Group Peer Support
- Korero on the topic of the day
- Brainstorming
- Stories
- Art
- Music
- Videos
- Writing
- Group activities
- Planning

The workshops include kai for morning/afternoon tea, as well as a graduation ceremony at the completion of the series where participants are given a certificate of completion, gift bag, and a shared kai with the group.

How do we make a referral?

Tāngata Whaiora can be referred to our service by their clinical care teams, their whānau, or by self-referring. 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

"I was listened to"
"I enjoyed the connection and sharing with others"

"Knowing I'm not alone"
"I felt involved"