



Comcare North Canterbury Hub

6 Kingsford Smith Drive, Rangiora

Phone (03) 310 6060

Website – comcare.org.nz

For Telephone Peer Support: Call Warmline: 0800-899-276

MARCH 2019

Individual Support Options to assist people with mental illness and/or addictions:

Activelinks

Support and encouragement for you to explore exercise to benefit both your mental and physical well-being. Phone 021-305-007 to speak with Janice.

Community Support

Supporting you to live well in your community. Building on people's strengths to assist them to manage the challenges in life, grow personal confidence and build resilience. Discuss with your GP or Clinical Case Manager if you would like to be referred. Phone (03) 310-6060 to speak to a Community Support Worker (CSW).

Peer Support

Using shared experiences to support people to understand what is happening and how they want to move forward. Phone (03) 310-6060 to talk with a Peer Supporter.

WELLNESS RECOVERY ACTION PLAN WORKSHOP!

Assisting you to take control of your recovery, create positive change and increase your enjoyment of life.



Current workshop in progress

Next workshop begins Tuesday 16 April

To register your interest please contact

Lenise: 022-195-7050 or Anita: 021-066-0750



Overcoming Anxiety

Explore tools to manage your anxiety

Mondays @ the Kingsford Hub

10:30am – 12:00noon

Mindfulness Workshop

Discover the benefits of living in the present moment

Mondays @ the Kingsford Hub—1:00pm – 2:00pm

Kaiapoi Walking Group!

Friday afternoons @ 1:00pm

Meeting at Kaiapoi Library

For more info call David on **021-054-3769**

****IF YOU ARE INTERESTED IN DOING THE CITY TO SURF PLEASE CONTACT DAVID****



STRENGTHS!

A peer lead workshop supporting you to discover and acknowledge your inner strengths



Wednesdays

@ the Kingsford Hub 10:30am - 12noon

Contact Heather on 022-060-6532



Rangiora Aqua Group

Come along to participate in aqua aerobics, aqua jogging or lane swimming.

Wednesdays 9:00am to 10:30am

Contact Janice: 021 305 007

Rangiora Gym Groups

Come and try a friendly and supportive circuit class suitable for any fitness level.



Tuesdays 1:30pm to 2:30pm

Fridays 1:30pm to 2:30pm

Contact Janice: 021-305-007

Young Adults Service

Group: Friday's 11:00am - 1:00pm

Join with other Young Adults to make sense of your experiences.

Individual Support is also available:

Fiona – Young Adult and Addiction Support Worker

Ph 022-060-6335

Emily – Young Adult Peer Support Worker

Ph 022-060-6331



“Ko te whakaora, he hīkoi whakāmarama. Māna anō tōna ake ara whakaora e whakarau”

“A journey of discovery where an individual leads their own unique process of moving forwards”