

better together...



Community Outreach

*Strengthening & Encouraging Wellness
in the Community*



Have you ever wanted to join a community group, but something always gets in the way?

The Community Outreach team will help you take that first step. The team provides group programs that promote wellbeing in the community. The program has been developed to provide opportunities for people to achieve their dreams and aspirations in the areas of leisure, education and work.

You will have an opportunity to learn new skills, build on strengths, meet new people and strengthen old friendships. We like to work with groups of people and see these groups as a stepping stone for people who want to join other community groups.

WHAT DO WE OFFER

Kokiri Ka Taea Program

Kokiri Ka Taea - means "go forth and achieve." This program provides a variety of groups to assist people to achieve their dreams through the development of individual and community strengths.

The program runs for 3 semesters per year and each group runs for 12 weeks. During January and February there are outings to beaches, and regional parks during the summer holiday period.

Depending on participants' needs and feedback from, the program may include:

- Leisure Groups
- Educational Groups
- Cultural Groups
- Support Groups
- Whanau Support Groups
- Supported Employment Workshops
- Strengths Model Training
- Why Weight? Health Groups
- Wellness Recovery Action Plan Groups

HOW TO ACCESS THIS SERVICE

The Community Outreach programs were developed to support people experiencing a mental illness and are on their journey to recovery. This service is also available for all people in the community to access. www.mentalhealthrecovery.com

Involving yourself with Community Outreach program is an exciting way to achieve your dreams.

Affinity Services won the Silver Award at the 2005 THEMHS Australasian Conference Achievement Awards for their Kokiri Ka Taea Recovery Program.

If you would like further information or an application form to register for any of these programs, please contact the Community Outreach Team on 526 0320 or team.communityoutreach@affinityservices.co.nz