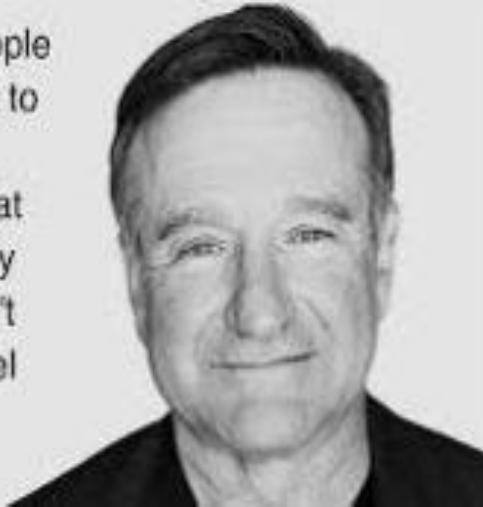


A Celebrity's story

Robin Williams - Addictions / Depression

"I think the saddest people always try their hardest to make people happy because they know what it's like to feel absolutely worthless and they don't want anyone else to feel like that." — Robin Williams



Lower Hutt Office

Suite 208
2nd Floor
Hutt City Dental Centre
14 Laings Rd
Lower Hutt

Peer Support and General Enquiries

(04) 5661601

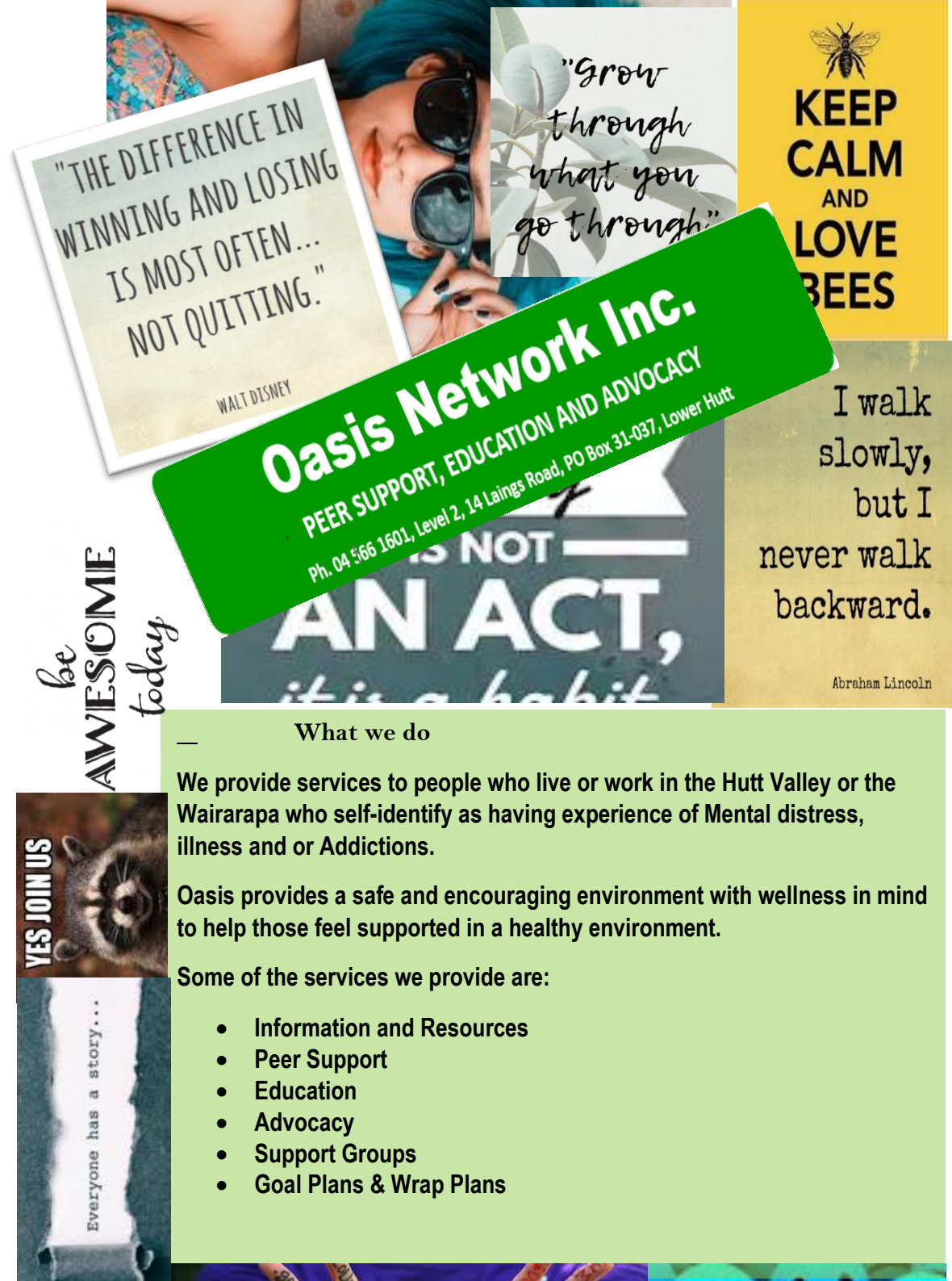
Peer Advocates:

(04) 5895897

Men's Emergency Housing

Senior Housing Coordinator 0275550225

Housing Advocate Kathy Douds 0275550972



"THE DIFFERENCE IN WINNING AND LOSING IS MOST OFTEN... NOT QUITTING."
WALT DISNEY

"Grow through what you go through"

KEEP CALM AND LOVE BEES

Oasis Network Inc.
PEER SUPPORT, EDUCATION AND ADVOCACY
Ph. 04 566 1601, Level 2, 14 Laings Road, PO Box 31-037, Lower Hutt

be AWESOME today

IS NOT AN ACT, it is a habit.

I walk slowly, but I never walk backward.
Abraham Lincoln

YES JOIN US

Everyone has a story...

What we do

We provide services to people who live or work in the Hutt Valley or the Wairarapa who self-identify as having experience of Mental distress, illness and or Addictions.

Oasis provides a safe and encouraging environment with wellness in mind to help those feel supported in a healthy environment.

Some of the services we provide are:

- Information and Resources
- Peer Support
- Education
- Advocacy
- Support Groups
- Goal Plans & Wrap Plans

Monday

9.00am – 4.00pm Peer to Peer / Appointments
10.00 – 12.00pm Craft Group
1.30pm – 3.00pm Reaching for the Sky Grounded in the Earth
3.00pm Kaibosh Food

Tuesday

9.00am – 10.00am Closed
10.30am – 4.00pm Peer to Peer / Appointments

Wednesday

9.00am – 12.00pm Woman's Craft Group
9.00 am – 4.00pm Advocacy Appointments
1.00pm - 3.00pm Womans Peer Group
9.30am Kaibosh Food

Thursday

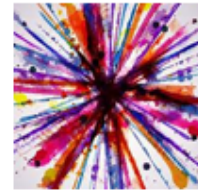
9.00am – 4.00pm Peer to Peer / Appointments
10.00am - 12.00pm AOD Harm Minimisation Group
1.00pm – 2.30pm Men's Peer Group

Friday

9.00am - 3.30pm Peer to Peer / Appointments
9.30am Kaibosh Food
1.00pm -3.00pm Realities Group

Knowledge
+ **Action**
= **Power**

4 week programme that has a focus on holistic wellbeing for those affected by alcohol and drugs. Dealing with the effects, feelings, resilience and many other positive material. Program is conducted by a facilitator and a trained councillor



WOMANS CRAFT GROUP

A safe, respectable environment for woman to connect with each other and build valuable friendships, sharing knowledge and working on their recoveries.



GENERAL CRAFT GROUP

We are privileged to have Karen from Mix facilitating the group creations. Come along and give it a go!



WOMANS GROUP

A number of topics shared in a group setting which focuses on health and wellbeing (caring for ourselves) and other helpful topics. Feel free to ask what our next topic is and come along!



REALITIES GROUP

Facilitated by Dennis Deurr from Realities Wellington. Random subjects are shared and members of the group get to give their own understanding / perceptions on that topic. What does it mean to you? This is open to anyone to attend including those that experience hearing voices.



MENS GROUP

Just like our woman members, our men's group can connect with each other and share knowledge while enjoying a safe and comfortable atmosphere.



REACHING FOR THE SKY GROUNDED IN THE EARTH

Talk with other people who have faced tough times to work out where you want to be in your life. This is an open group so feel free to come along and join this recovery oriented session