

A space for connection and discovery

Are you looking for opportunities for growth, connection, and contribution?

We're inviting you to be part of a shared journey of discovery and personal growth – the Citizenship Project.

You'll be part of a small group of peers joining in this 6-month peer-led programme that starts in March with graduation in September.

The course covers a range of content including relationships, identity and worldview, education and work, holistic wellbeing, communication and problem-solving, emotions, resilience, navigating systems, self-advocacy, valued roles, and speaking for ourselves.

At the Citizenship Project you'll be part of...

Twice-weekly sessions on a range of topics

A group culture of mutual learning, hope, support – and fun

A strengths-based approach that focuses on recovery and self-determination

Discovering opportunities in the community including presentations from guest experts.

Wraparound peer support throughout the course and beyond

Introductory peer support training offered to project participants

Mondays and Thursdays
from 10 am to 12:15 pm
Tea/coffee and a light
snack are provided.
Pitt St Methodist Church
(limited parking available)

To register your interest and find out more, please call Charlotte or Michelle for a chat.

Charlotte Seath p. 027 880 4000

Michelle Lelisi p. 027 700 6460

Anyone who is interested in being part of the project is invited to an [information session on Zoom on Thursday 9 March from 10 to 10:45am](#) where you can meet our project facilitators, Charlotte, Michelle, and Tim.

Just email or text us for the Zoom link.

e. charlotte.seath@mindandbody.co.nz or e. michelle.lelisi@mindandbody.co.nz

**Citizenship
Project**

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