

The Wobble Report



BECAUSE BALANCE ISN'T ALWAYS A STRIGHT LINE

Who we are

Balance Aotearoa is a lived experience-led organisation committed to transforming mental health and addiction systems through peer support, advocacy, and co-design. Rooted in the values of whanaungatanga, manaakitanga, and equity, We champion community-led solutions that honour diverse voices and lived realities. Our mahi spans 1:1 peer support, Conversation Cafe's, peer support at Hope & co. advocacy, group support and facilitation and inclusive events - all designed to foster connection, reduce stigma, and uphold the mana of those navigating mental distress.

We believe in the power of storytelling, tactile design, and playful engagement to create spaces where people feel seen, heard, and valued. Whether through peer-led workshops, national submissions, or sensory-rich community events,

March Highlights

March was filled with collaboration and change.

We reset Hope & Co. by pouring our resources into training for the kaimahi, resetting the space with so much support and help from Te Oranganui Kaimahi and some amazing tangata whai ora.

Our Monday groups have been merged to create a whole new Magic Monday where we are focusing on more practical tools and skills with life skills and cooking lessons being part of the regular content.

Our Piki Ake addictions group is in full swing, with regular attendance and solid content.

Our Hope & Co. Kaimahi have been running an amazing space for anyone to come into when they need somewhere safe to land when they are in distress.

Skill to work on this month

TINY STEPS

HOW?

What it is:

The Tiny Step Method is a simple way to make big or stressful tasks feel smaller. Instead of trying to tackle everything at once, you choose one tiny, doable action that moves you forward. It helps shift your brain out of overwhelm and into gentle momentum.

Why it matters:

When we're stressed, tired, or going through a tough time, even everyday tasks can feel huge. Our brain jumps to the "whole job," which can make us freeze or avoid things. Tiny steps break that cycle. They help you feel more in control, build confidence, and create small wins that add up over time. Even a 1% shift can make the day feel lighter.

1 Notice the thing that feels too big (a task, a feeling, a situation, or a responsibility)

2 Ask yourself: "What is the smallest next step I can take?"

3 Choose something tiny

- Pick up one item
- Open one email
- Drink a glass of water
- Stand up and stretch
- Take one slow breath
- Send one short message
- Move one thing forward by 1 minute

4 Do that one step - and stop there if that's enough. If you feel like doing more, great. If not, you've still moved forward.

Kaimahi Highlight

Alexia

Alexia is currently the chair of the Board for Balance Aotearoa, she has been with us since 2019 on the board

Alexia's why: I do this work because I believe in the power of peer support,

Alexia's favourite colour - Green (Forest)

Place - Forests

Food - Cheese

Alexia's go to coping skill: Crying! Haha, I am an expert at it

Balance Groups

Balance Aotearoa offers a variety of Peer-led groups over the week in a range of places across the Whanganui area.

ALL of our groups are FREE and open to anyone!

Our groups are co-designed based of consumer feedback through feedback forms, Kōrero and our monthly members hui's. Any and all feedback is both welcomed and actively encouraged. These groups are meant to benefit as many of our community as possible, so share the news around and give something new a try.

If you're feeling a bit anxious about turning up on your own, you are more than welcome to bring a support person, kaimahi, friend, whānau member along with you, or alternatively reach out to our peer team and ask for some peer support to come along.

We hope to see you around

Monday	9:30am - 12pm	Hope & Co. Warm Cafe 63A Ridgway Street	Magic Monday's: After careful consideration our monday group is changing a litte, instead of 2 seperate groups we are doing 1 slightly longer group with a bigger focus on the skills we require for living a wholesome, fulfilling life.
Tuesday	NO GROUPS		Closed
Wednesday	1-2:30pm	Whanganui Learning Centre - 232 Wicksteed St	Resiliency 101: An open course exploring our values, beliefs, goals, wellness tools, communication skills, resilience, self-confidence, relationships, and much more. New topics are covered each week.
Thursday	9:30am - 11am	Splash Centre	Splash Centre: Your chance to have a swim, gym, sauna, spa. An I.D card is necessary for free entry, contact Lynn or Balance on info@balance.org.nz
	11am - 4pm	Level 2, 76 Guyton Street Whanganui Creative Space	Artistic Expression: Join our art tutor and our crafty, arty staff. Start something new, bring your own project, get artistic guidance, or simply make some artistic friends.
Friday	10am - 12pm	Hope & Co. Warm Cafe 63A Ridgway Street	Piki Ake - Keep rising. A commitment based 10 week addictions program open to people with any form of addiction.
	1:30pm- 2:30pm	Hope & Co. Warm Cafe 63A Ridgway Street	Sharing Circle: A relaxed group where we share what's on top for us in our mental health journey and life in general.

Group Content Month: April 2026

Magic Mondays

6.4.26: CLOSED for Easter

13.4.26: Bubbles with music, meditation and making muffins

20.4.26: Bubbles with music, meditation and Seasonal depression

27.4.26: CLOSED for ANZAC

Resilience 101

Whanganui Learning Centre

1.4.26: Pattern recognition and the benefits of being aware

8.4.26: The importance of challenging conversations for your well-being

15.4.26: Recap: Boundaries, Values, Core Values, Self Care (Wellness Plans and the benefits)

22.4.26: Learning to say no

29.4.26: Managing high conflict situations

Piki Ake

10-12pm Fridays

63A Ridgway Street

**Structured Addictions Support
Group**

Artistic Expression

BYO project to work on or start something new.

Working on Portfolios for the show at the end of the year

Sharing Circle

Listen and share with peers

Fridays
1:30-2:30pm

Hope & Co. Warm Cafe
63A Ridgway Street

Other

Splash Group - Thursday mornings, you need your Balance ID to get in
9:30-11am

Date's to remember

Important things coming up in April

Easter Hours:

All groups will be OFF
Good Friday 3rd April
Easter Monday 6th April

Every Wednesday - Journalling at Hope & Co.

Our next members hui is June 2026

Hope & Co. will be CLOSED on Good Friday
(3rd April) and Easter Sunday (5th April)

Hope & Co. will be CLOSED on ANZAC
Saturday - 25th April

Have anything coming up in a specific
month that you would like added to this
section of the newsletter?

Get in touch to have it added.

Group of the month

MAGIC MONDAY'S

When: Monday's 9:30-12pm
Where: 63A Ridgway Street

Magic Mondays has had a little refresh. Instead of running two separate groups, we've brought everyone together into one slightly longer session with a stronger focus on the everyday skills that help us build a wholesome, fulfilling life.

This group blends practical learning with connection, creativity, and gentle wellbeing tools. Each week offers something different - sometimes hands-on, sometimes reflective, always supportive. It's a space to try new things, learn useful life skills, and spend time with others in a relaxed, encouraging environment.

Whether you're wanting routine, community, or simply a positive way to start the week, Magic Mondays is a welcoming place to show up as you are and grow at your own pace.

If you're looking for connection, routine, and a positive Monday reset, Magic Mondays could be a great fit for you.

Contact Balance today to enquire about registering for this group

info@balance.org.nz

You said | We did

Your voices shape everything we do.

Every kōrero, suggestion, and piece of feedback helps us grow stronger as a community. In this new section, we're sharing how your insights have guided real changes - from group topics and space setups to signage, support systems, and beyond.

You said: You'd like planned and structured groups with content that is set and won't change last minute.

We did: Our Monday groups have been re-vamped and are now being moved down to 1 group with more intention and based on life skills that we all need for a fulfilling life

You said: You'd like texts sent out to people if there is a last minute change to anything

We did: We've put out a survey to see who would like to be text in situations where there is a last minute change that cannot be avoided so we have a list and can send them out targeted.

You said: You'd like to know the content in advance again

We did: We've included it in our newsletter and will have it included in our facebook posts again moving forward

Contact

Want to get in touch?

Email: info@balance.org.nz

Phone: 06 345 44 88

Free Phone: 0800 10 25 55

Opening Hours:

Monday to Friday 9am - 5pm

<https://www.balance.org.nz/>