



Oct. 2025



Dates and Reminders

Friday 31 Oct. 25	Culture Day
Thursday 30 Oct. 25	Member's meeting at 12:30pm
Wednesday 8 Oct. 25	Board Meeting at 1:00pm
Mondays	Craft Group @ 10 am
Tuesdays	Kaibosh Cooking Classes @ 11 am
Wednesdays	Kaibosh Women's Group @ 10 am
Thursdays	Kaibosh Men's Group @ 10 am
Fridays	Realities Group @ 11 am

www.oasisnetwork.org.nz

What we do

We provide services to people who self-identify as having experience of Mental distress and/or illness. We also provide transitional housing for single men in Naenae and for single women in Upper Hutt who are facing homelessness.

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

Some of the services we provide:

- ⇒ Information and Resources
- ⇒ Client Support
- ⇒ Education
- ⇒ Client Advocacy
- ⇒ Support Groups
- ⇒ Transitional Housing
- ⇒ Goal Plans & Wrap Plans
- ⇒ Emergency Housing Navigation



KAIBOSH DAYS

Monday	na
Tuesday	Available when unpacked
Wednesday	Available when unpacked
Thursday	Available when unpacked
Friday	For our Transitional Houses

Rules

- You must attend at least one group a week
- We do not supply plastic bags , so you need to bring your own. We may have surplus boxes you can use.
- To store your freezer items place in a bag with your name on and ask a staff member to store in the freezer until you leave.

Client Services

Level 1
Woburn House
40-44 Bloomfield Terrace
PO Box 31-037
Lower Hutt

All Enquiries
(04) 566-1601

Transitional Housing

Coordinators
Bevan 027 5550225
Roger 027 4604796

Housing Navigation

Eduardo 0275550972



Our Kaupapa is **Respect**

RESPECT YOURSELF

- Maintain good hygiene
- Ask for support
- participate

RESPECT EACH OTHER

- Welcome, share and care for each other
- Respect each other's differences
- Respect each other's privacy and personal space
- Be alcohol and drug free when here
- We have zero tolerance for threats and violence

RESPECT OASIS

- Leave Oasis cleaner than you found it

Remember Oasis is a place of healing so enjoy your time here with us.

Have fun, Be friendly, Positive and Encouraging.

www.oasisnetwork.org.nz



Culture day



South African Day



In September, we had the wonderful opportunity to celebrate South African Day, immersing ourselves in the rich history, traditions, and specially geographical knowledge.

A big thanks to all volunteers and members who took part in this event. Stay tuned for our next cultural celebration!



Office Closed Notice

On Thursday, 2nd October Office will be closed due to staff training offsite. So Kaibosh will be available on Friday, 3rd Oct. instead of Thursday, 2nd Oct.

AGM– 19 Sept.

Thank you for your active participation in Annual General Meeting and showing your collaboration and support. It was a great turn out for the meeting and we really appreciate your feedbacks and comments.

www.oasisnetwork.org.nz

Important Updates

- ⇒ We are excited to welcome Alex, who will be leading the Craft group until further notice.
- ⇒ Board Meeting– Wednesday, 8th October.
- ⇒ Labour Day– Monday, 27th October.
- ⇒ Members Meeting– Thursday, 30th October.

Quote

“Until you make the unconscious conscious, it will direct your life and you will call it fate?”

-Carl Jung-



CRAFT GROUP

Mon 10 am

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



COOKING CLASS

Tues 11 am

Ana takes this popular class integrating ingredients from Kaibosh showing what can be achieved with everyday items. Group size limited to 5 but tasting available to all present.



WOMEN'S GROUP

Wed 10 am

A number of topics shared in a group setting which focusses on health and wellbeing (caring for ourselves) and other helpful topics. See our list of topics and come along!



MEN'S GROUP

Thurs 10 am

Join Daniel on Thursdays from 10am to 12pm to talk frankly with other men about life and its challenges. A wide range of topics delivered in Men's group.



REALITIES GROUP

Fri 11 am

Join us Friday at 11am to talk over your different ways of looking at realities. This can be voices or other sensory differences, spiritual experiences or ideas that others don't have. Lunch provided for group attendees.

October 2025

Monday Rahina	9:00 am - 4:00 pm 9:00 am - 10:00 am 10:00 am – 12:00 pm 12:00 pm - 4:00 pm	Client Appointments Peer To Peer Craft Group Peer To Peer
Tuesday Ratu	10:30 am - 4:00 pm 11:00 am onwards 11:00 am—1:00 pm	Client Appointments / Peer To Peer Kaibosh Cooking Class
Wednesday Raapa	9:00 am - 4:00 pm 9:00 am - 10:00 am 9:30 am onwards 10:00 am—12:00 pm 10:00 am - 12:00 pm 12:00 pm - 4:00 pm	Client Appointments Peer To Peer Kaibosh Women's Group Peer To Peer for Men Only Peer To Peer
Thursday Rapare	9.00 am – 4.00 pm 9.00 am – 10.00 am 9:30 am onwards 10.00 am – 12.00 pm 10.00 am – 12.00 pm 12.00 pm – 4.00 pm	Client Appointments Peer To Peer Kaibosh Men's Group Peer To Peer for Women Only Peer To Peer
Friday Ramere	9.00 am – 3.00 pm 9.00 am – 11.00 am 11:00 am - 1:00 pm 1:00 pm - 2:00 pm 2.00 pm – 3.00 pm	Client Appointments Peer To Peer Realities Group Lunch for Active Members Peer To Peer



If you (or anyone you know) is affected by alcohol and/or drugs and has a focus on holistic wellbeing we're able to refer you to a trained councillor with years of experience.

Contact us today for further details.