



GROW – Mental Health Nationwide Group List

ON-LINE GROUPS

Nationwide	Monday, Tuesday and Friday	Requires Internet with webcam or smartphone (10Gb data/mth)	Chas 027 614 2561 national@grow.org.nz
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NORTH ISLAND In-Person Groups

GROW North Island Centre and National Office

Ph: (09) 846 6869 Email: auckland@grow.org.nz or national@grow.org.nz Website:
www.grow.org.nz

Address: 97 St Lukes Road, Sandringham, Auckland 1025 Post: PO Box 41051, Mt Roskill, Auckland 1440

AUCKLAND

Papatoetoe	MONDAY 10:00am	Seventh Day Adventist Church 16 Puhinui Rd Papatoetoe	Vicky (09) 269 3113 Text 021 129 4380 vrogers@xtra.co.nz
St Lukes	MONDAY 6:30pm	The GROW Centre 97 St Lukes Rd (Cnr St Lukes Rd & Kingsway Ave) Sandringham	Grow Centre (09) 846 6869 Text 021 049 1360 auckland@grow.org.nz
Highland Park	MONDAY 7:00pm	Highland Park House 47 Aviemore Drive Highland Park	Allen 022 194 6744 alju33068@gmail.com
North Shore	MONDAY 1:00pm	Glenfield Community Centre 96 Bentley Ave (Cnr Glenfield Rd & Bentley Ave) Glenfield	Sandy C-H (09) 846 6869 Text 021 049 1360 auckland@grow.org.nz
Manukau City	WEDNESDAY 9:30am	Manukau City Baptist Church 9 Lambie Drive Manukau (Upstairs in Pohutukawa Room)	Sandra S. 021 056 1796 or Grow Centre (09) 846 6869
Onehunga	THURSDAY 10:15am	Onehunga Community House 83 Selwyn St Onehunga	Grow Centre (09) 846 6869 Text 021 049 1360

WAIKATO

Thames - Friday	FRIDAY 10:30am	Thames Community Centre 609 Mackay St Thames	Sandy C-H (07) 868 8233 Text 021 049 1360 auckland@grow.org.nz
Thames - Tuesday	TUESDAY 10:00am	Thames Community Centre 609 Mackay St Thames	Patti 021 233 3184 patti.wickstead@gmail.com
Hamilton	Contact Carolyn for day & time	Puna Whakaaro Room Trust Waikato 4 Little London Lane, Hamilton	Carolyn 021 051 7287 carolyn44@kinect.co.nz

SOUTH ISLAND In-Person Groups

GROW South Island Centre

Ph: (03) 477 2871 Email: 2growdunedin@gmail.com Website: www.grow.org.nz
Address: 22 Manse St, Dunedin Central, Dunedin 9016 Post: PO Box 5435, Dunedin 9054

OTAGO

Dunedin	MONDAY 5:30pm	GROW Centre 22 Manse St Dunedin City	(03) 477 2871 Shirley 027 565 6556 2growdunedin@gmail.com
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CANTERBURY

Kaiapoi	SUNDAY 1:30pm	Kaiapoi Library 176 Williams St, Kaiapoi, North Canterbury	(03) 477 2871 Shirley 027 565 6556 2growdunedin@gmail.com
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TASMAN

Nelson	Friday 10am	Citizens Advice Bureau 9 Paru Paru Road Nelson	Patricia (03) 547 6120 dennybehrens@gmail.com
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