

## Mental Health Awareness Week 20177

Ngati Kahu Social and Health Services

## "Meet and Greet"

Celebrate Mental Health and Awareness Week by joining us for an informal meet and greet with breakfast followed by Karaoke and performances by Tihei Harawera, Siobhan Awatere. There will be information stalls and more....

**245 Commerce Street** 

## "Kaitaia Top Town"

Free Sausage on a stick Spot Prizes and Giveaways Loads of fun and games

Join our Hikoi starting at 10am from the old town clock to the Whaia Te Ora whare to be followed by Kaitaia Top Town!! Teams can be made of whanau and friends but there are limited places so get in quick.

11th October at the Kaitaia Intermediate School

**11am-2pm** 

To register contact reception at Ngati Kahu Social and Health Services on 094061441