

Mental Health Awareness Week

Oct 8th-14th

Tues
9

Oamaru Launch Night

7:30pm-9:30pm at the Blind Foundation - FREE
Suitcase Theatre's Mental notes 2.0 excerpts,
Inspirational speaker Chloe Searle, and try Rock 'n'
Roll Dancing. Refreshments provided

Wed
10

Whānau day at Friendly Bay

10am-2pm at Friendly Bay - FREE
Free sausage sizzle, rock painting,
teddy bears picnic, scooter skills, live music

Wed
10

Meditation Walk & Drumming

Oamaru Community Gardens - FREE
2-3pm Guided meditation walks
3-4pm Have a go at African drumming

Thurs
11

Multicultural Film

6pm, Oamaru Library - FREE
A film about the migrant community in Oamaru.
Light supper and refreshments provided