



MENTAL HEALTH AWARENESS
WEEK

**NATURE:
A GREAT DE-STRESSOR**

PRESENTED BY COUNSELLORS FROM THE NEW
ZEALAND ASSOCIATION OF COUNSELLORS.

OCTOBER 9, 2017

(MONDAY) 12 NOON – 1.00PM

HERETAUNGA WOMEN'S CENTRE
CNR RUSSELL & EASTBOURNE STREETS, HASTINGS

MENTAL HEALTH AWARENESS WEEK: 9- 15 OCTOBER
