

GET ALONG TO THESE GREAT EVENTS ...

MONDAY 10 OCTOBER

ROUND THE BRIDGES 5km WALK

WHEN 5pm (opening) 5.30pm - 6.30pm (walk)

WHAT Round the Bridges Walk/Hikoi theme: 'Connect with Nature.' Dress in Green!

WHERE Meet on the Whanganui River bank upstream from iSite Whanganui

CONTACT Mel Maniapoto-Bennett | Te Oranganui
P. 027 467 7084



TUESDAY 11 OCTOBER

ROB MOKARAKA - 'SHOT BRO'

WHEN Two sessions available: 12 - 2pm & 6 - 8pm

WHAT Rob is using his experience and battle with depression to support those out there with his one-man show 'Shot Bro'.

WHERE Whanganui Central Baptist Church
285 Wicksteed Street

CONTACT Stormie Hunter-Rogan | Nga Tai O Te Awa
P. 06 348 9902

WEDNESDAY 12 OCTOBER

SUICIDE PREVENTION WORKSHOP

WHEN Two sessions available: 10am - 1pm & 6 - 9pm

WHAT Suicide Prevention Workshop (please register)

WHERE Nga Tai O Te Awa, 142 Guyton Street
(Corner of Guyton and Wilson Streets)

CONTACT Stormie Hunter-Rogan | Nga Tai O Te Awa
P. 06 348 9902

CONNECT

with
nature

FOR GOOD MENTAL HEALTH & WELLBEING

WEDNESDAY 12 OCTOBER

GORDON PARK SCENIC RESERVE TOUR

WHEN 10am - 12 noon

WHAT Take a guided tour around the Reserve with Scotty Moore from the Department of Conservation around the Reserve.

WHERE Gordon Park Scenic Reserve
(corner of Kaimatira Road and No.3 Line)

CONTACT Leroy Matthews | Pathways
P. 027 403 6779

WEDNESDAY 12 OCTOBER

CLEAN UP CASTLECLIFF BEACH

WHEN 1pm - 3pm

WHAT Clean up Castlecliff Beach

WHERE Meet at Duncan Pavilion, Castlecliff Beach

CONTACT Leroy Matthews | Pathways
P. 027 403 6779

OCT 10-16 #MHAWNZ
MENTAL HEALTH AWARENESS WEEK

THURSDAY 13 OCTOBER

'STAYING WELL'

WHEN 10.30am - 12 noon

WHAT 'Staying Well'

WHERE Balance Whanganui,
Community House, 60 Ridgway Street

CONTACT Balance Whanganui P. 06 345 4488

THURSDAY 13 OCTOBER

BASON BOTANICAL GARDENS

WHEN 1pm - 2.30pm

WHAT Come and share a talk about Stanley Bason and others who found nature a way of nurturing good health. Bring your camera and afternoon tea.

WHERE Bason Botanical Gardens, 552 Rapanui Road

CONTACT Bruce Jones | Whanganui DHB
P. 027 289 7313

THURSDAY 13 OCTOBER

"BONKERS" - IMAGINE THAT

WHEN 6pm - 9pm

WHAT "Bonkers" - imagine that

WHERE Balance Whanganui
Community House, 60 Ridgway Street

CONTACT Balance Whanganui P. 06 345 4488