

**GETTING  
THROUGH  
TOGETHER**

WHĀIA E TĀTOU TE PĀE TAWHITI



# MINDFUL COLOURING

**REIMAGINE  
WELLBEING  
TOGETHER  
HE TIROHANGA  
ANAMATA**

Mental Health  
Awareness Week  
21-27 September

[mhaw.nz](http://mhaw.nz)  
[#MHAWNZ](https://twitter.com/MHAWNZ)

 **Mental Health Foundation**  
mauri tū, mauri ora OF NEW ZEALAND