



This year for Mental Health Awareness Week 2022, Depot Artspace are on board with the theme of reconnection.

We invite you to a free one-hour workshop, focused on increasing our resilience and emotional agility. We will discuss and share in a collaborative and relaxed setting, and find strategies to help us to respond to an ever-changing world in challenging times.

Tuesday 27 September, 2pm-3pm, Devonport Community House, 32 Clarence St, Devonport (next door to Depot Artspace).

Click here to register: <https://www.depotartspace.co.nz/event/build-your-resilience/>

About the facilitator: Emily Norton, an experienced facilitator and adult educator, currently studying post-grad psychology, has a passion for wellbeing and personal growth. Her workshop content draws from the work of people such as Susan David, Brene Brown, and Lucy Hone, combined with a touch of eastern philosophy.

