



GRIEF SURVIVAL KITS

During Mental Health Awareness Week, we will be providing Grief Survival Kits, full of handy tools to help you navigate through your grief.

**‘Explore your way to wellbeing’
‘Whaia te ara hauora, Whitiara’**

**Call in to our Invercargill base at 49 Tay Street to collect your free kit throughout Mental Health Awareness Week
September 23rd – 29th 2019**

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