



MHAW
Mental Health
Awareness Week

Spark Joy in Spring! ***with certified KonMari*** ***Consultant Celine Sumic***

The benefits of the KonMari Method for mental wellbeing include enhanced self-awareness, self-esteem, balance, and sense of personal agency – plus you get a tidy home!

Join Celine as she explains how to create greater harmony in your life using Marie Kondo's famous home organising method.

Location: Titirangi Library

Time: 11am - 12pm

Saturday 14th & Tuesday 17th September

RSVP: please choose your preferred session and register at Humanitix/Titirangi Library or talk to a staff member

