



Feeling & Healing

TRUST YOUR OWN STRENGTH  
THE POWER IS WITHIN YOU.

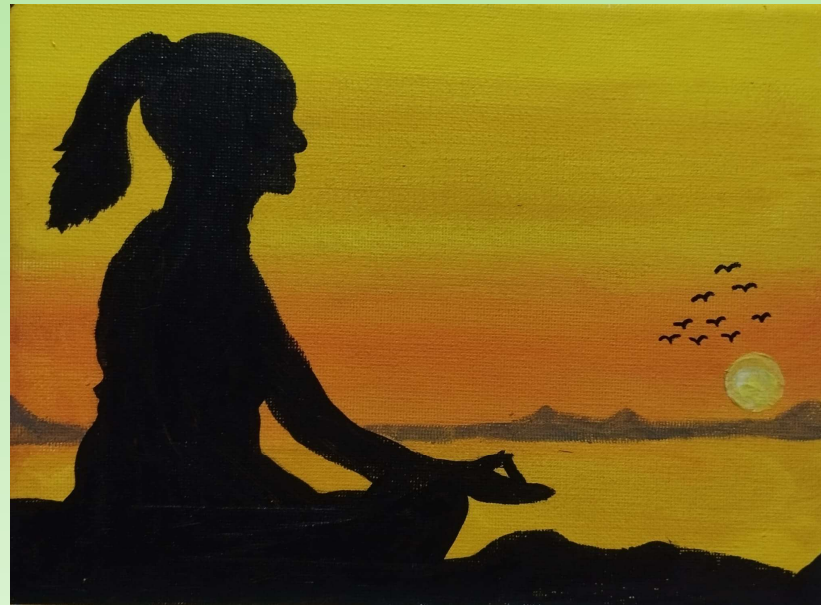
## Feeling & Healing Counselling & Therapy Services.

[www.feelingandhealing.co.nz](http://www.feelingandhealing.co.nz)  
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**MHAW** Mental Health  
Awareness Week  
23 – 29 SEPTEMBER 2024

# M for Mindfulness



Date: 28<sup>th</sup> September  
Time: 11:30am to 12:30pm  
Venue: 3 Rowe Street, Onehunga, Auckland

Email [tanima@feelingandhealing.co.nz](mailto:tanima@feelingandhealing.co.nz) to register.

Proudly supporting  
**Mental Health Foundation**  
*mauri tū, mauri ora* OF NEW ZEALAND  
[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

Feeling & Healing Counselling and Therapy Services are organizing a fundraising event - "M For Mindfulness" in support of Mental Health Awareness Week.

The event includes:

- Meditation
- Breathing exercise
- Topic- Self-Care
- Tapping exercise
- Laughing Yoga

The goal for this event is to raise awareness about the importance of mental health. Join us to do these practices together. "COMMUNITY is...What We CREATE together.

This event is **Free**, but Koha / donations are appreciated (not compulsory). All your generous donation will go towards the Mental Health Foundation to help people in need.

Acknowledgement  
BNZFS



Artwork Credit for  
the flyer: Nuria