

# MENTAL HEALTH AWARENESS WEEK 2020



Every year we get together to celebrate wellness and help support those in our community that need a little more help. This year our focus is on 'Reimagining Wellbeing Together'.

Come join us and learn about anxiety in a safe, happy space. Family participation encouraged with lots of free activities, tips and information to help all ages get through!



Wednesday 7 October 2020

10am—2pm

Invercargill Public Library 1st Floor

