

Mental Health Awareness Week

Nelson Tasman, 6 - 12 October 2025



STEP TOWARDS EACH OTHER

This Mental Health Awareness week, join us in connecting with your community through art. We are inviting people to decorate shoes to remind us of the importance of stepping towards each other to strengthen our health and wellbeing. Our colourful shoes will be displayed around the region and will end up together in a big art installation!



with the support of:



Nelson
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Hikitia!
FOR OUR FUTURE

