

MENTAL HEALTH AWARENESS **WEEK AT LOSS AND GRIEF** **CENTRE**

23/09

MONDAY

THERAPEUTIC ART ACTIVITY

This will be running all week at the L&G Centre at 17 the Crescent and is open to all.

24/09

TUESDAY

MHAW STAND AT MALL

Running all week, L&G team members onsite Tuesday offering resources and support.

25/09

WEDNESDAY

SIT WELLBEING EXPO

From 11.30-1pm the L&G team will have a table at the SIT Wellbeing Expo offering resources and freebies!

26/09

THURSDAY

TUHONO THURSDAY

Acknowledging the theme of the day we invite the community village to pop in at the centre and connect. Say hi, have a look at our space, pick up a raffle sheet to sell and support our mahi.

27/09

FRIDAY

RAFFLE AT MALL

L&G team at Invercargill Central Mall selling annual raffle tickets, offering freebies and resources.

WALK AND TALK GROUP

Our fortnightly Walk and Talk Support Group will run from 9.30am at Queens Park (Or the Velodrome if wet). Come along to meet some new people and do some light exercise.

LOSS AND GRIEF CENTRE

17 THE CRESCENT

INVERCARGILL

PH 027 443 8788 OR

03 214 0393