

Free Webinars for Mental Health Awareness Week

Reconnect with the people and places that lift you up this Mental Health Awareness Week (MHAW). Join us for a free personal development webinar or explore our library for wellbeing resources.



Reconnecting for Mental Wellbeing

This webinar focuses on this year's MHAW theme of reconnecting with the people and places that enhance your wellbeing. Join us online to learn about the importance of connections with people and nature and how these connections impact on wellbeing.

- Gain an understanding of the importance of connections
- Learn how different environments impact on your wellbeing
- Develop strategies on how to reconnect and continue to enhance these connections

Tuesday 27 September, 7.30pm – 8.30pm | Facilitated by Sharon Bennett

Building Resilience to Get Through Tough Times

The necessity to cope in the presence of stress, change and adversity has never been so important. Join us to learn how to become more resilient, by proactively developing a mental reservoir that we can draw upon, replenish and never fully exhaust.

- Develop an understanding of what resilience really is
- Learn how to develop personal resilience and build resilience reserves
- Understand how to maintain and sustain your resiliency in challenging times
- Learn ways to adapt, rebound and move forward even stronger

Thursday 29 September, 7.30pm – 8.30pm | Facilitated by Mel Johns

Register now at
mherc.org.nz

Visit us for a great range of free wellbeing library resources at **Level 1, 12 Hazeldean Road, Addington, Christchurch** or use our eLibrary at **mherc.org.nz**

For more info contact **0800 424 399** or **info@mherc.org.nz**