



October is Mental Health AWARENESS MONTH

Let's Come Together Wānaka!

This October, Community Link and our many local partners invite you to join us for a full month of activities, workshops, and events that shine a light on mental wellbeing.

Mental health is just as important as physical health. It affects how we think, feel, and connect with others. And when we nurture our wellbeing, we nurture the wellbeing of the whole community.

That's why we're offering more than the traditional Mental Health Awareness Week - with opportunities right through October to connect, learn, and recharge.

Whether it's a quiet moment with a book, a reflective walk by the lake, learning new tools in a workshop, or getting your hands in the soil as a volunteer - there's something here for everyone.

Highlights include:

- **Workshops & Talks:** From "Mental Fitness in the Wānaka Bubble" to herbal tea making, financial wellbeing, and mindful communication.
- **Library Events:** Silent Book Club, weaving workshops, and more.
- **Community Connection:** Volunteering, cooking groups, walks, and social strolls.

Disclaimer: Community Link is proud to coordinate the Mental Health Awareness Month schedule. Each event is independently organised by the hosting organisation. Community Link does not endorse or make any representations regarding the expertise, information, or claims made by participating organisations.



SCAN FOR FULL
SCHEDULE

MENTAL HEALTH AWARENESS MONTH

October 2025



MON	TUE	WED	THU	FRI	SAT	SUN
<ul style="list-style-type: none"> ● SOCIAL ● WORKSHOPS ● MOVEMENT ● VOLUNTEER 		<div>1 Te Kākano Aotearoa Trust - Nursery</div> <div>Body Language Workshop</div> <div>Grow Wānaka - working bees</div>	<div>2 Silent Book Club</div>	<div>3</div>	<div>4 Hāwea Food Forest</div> <div>Grow Wānaka - working bees</div>	<div>5 Sunday Boogie</div>
<div>6 Yoga with Keity</div> <div>Free Class (The Collective)</div>	<div>7 Te Kākano Aotearoa Trust - Nursery</div> <div>Free Class (The Collective)</div>	<div>8 Te Kākano Aotearoa Trust - Nursery</div> <div>Yoga with Keity</div> <div>Grow Wānaka - working bees</div> <div>Silent Walk Mindfulness Walk</div> <div>Free Class (The Collective)</div>	<div>9 Mental fitness in the Wānaka bubble Workshop</div> <div>When the Mind Plays You Workshop</div> <div>Free Class (The Collective)</div> <div>Mindful Touch Hand Massage</div>	<div>10 Herbal Tea Workshop</div> <div>Yoga with Keity</div> <div>Community Cooking</div> <div>Zumba with Marien</div> <div>Regulate your nervous system through breath</div> <div>Free Class (The Collective)</div>	<div>11 Foraging Walk</div> <div>Hāwea Food Forest</div> <div>Zumba with Marien</div> <div>Grow Wānaka - working bees</div> <div>Zumba with Rinku</div> <div>Free Class (The Collective)</div>	<div>12 Mindful Communication</div> <div>Free Class (The Collective)</div>
<div>13</div>	<div>14 Te Kākano Aotearoa Trust - Nursery</div> <div>Transformational Breathwork Journey</div>	<div>15 Te Kākano Aotearoa Trust - Nursery</div> <div>ASB Financial Literacy Workshop</div> <div>Grow Wānaka - working bees</div> <div>Fluency in the Language of Your Body</div>	<div>16 Social Stroll</div> <div>The Power of the Subconscious Mind</div> <div>Reflection Walk</div>	<div>17 5 Ways to Wellbeing Workshop</div>	<div>18 Hāwea Food Forest</div> <div>Capoeira Aotearoa</div> <div>Family connection with horses</div> <div>Grow Wānaka - working bees</div>	<div>19</div>
<div>20 Mindful Communication - Connect with Clarity & Presence</div>	<div>21 Te Kākano Aotearoa Trust - Nursery</div> <div>Speed Friending</div>	<div>22 Te Kākano Aotearoa Trust - Nursery</div> <div>Connection Walk</div> <div>Grow Wānaka - working bees</div>	<div>23 Transformational Breathwork Journey</div> <div>The Power of the Subconscious Mind</div>	<div>24 Community Cooking</div> <div>Ann Sutton shares her experiences</div>	<div>25 Hāwea Food Forest</div> <div>Grow Wānaka - working bees</div>	<div>26</div>
<div>27</div>	<div>28 Te Kākano Aotearoa Trust - Nursery</div>	<div>29 Te Kākano Aotearoa Trust - Nursery</div> <div>Grow Wānaka - working bees</div>	<div>30 Harakeke Weaving Workshop</div>	<div>Scan the QRcode or go to www.communitylink.nz to check out the full schedule and pick what speaks to you.</div> <div>Let's make mental health part of our everyday conversations - because mental health is health.</div>		



IF YOU NEED HELP NOW:

1737 Need to talk, Freecall or text **1737, 24/7**, for support from trained counsellors. www.1737.org.nz

Family Violence: P: **0800 456 450** | www.areiyouok.org.nz | Alcohol Drug Helpline: P: **0800 787 797** / Free text **8681** | www.alcoholdrughelp.org.nz

The Lowdown: P: **0800 111 757** / Free text **5626** | www.thelowdown.co.nz | Youthline: P: **0800 376 633** / Free text **234** | www.youthline.co.nz

Depression: P: **0800 111757** / Free text **4202** | www.depression.org.nz | Suicide Crisis Helpline: P: **0508 828 865** | www.lifeline.org.nz

Women's Refuge: P: **0800 733 843** | www.womensrefuge.org.nz | Sexuality issues: **0800 688 5463** between 6-9pm | www.outline.org.nz

Southern DHB: Crisis Mental Health Service: **0800 467 846** | Your Life Live It: Helpline@yourlifeliveit.com | www.yourlifeliveit.com