

# Five Ways to Wellbeing: Connect Mental Health Awareness 2023!

## Mental Health Awareness Week Event

Able Minds is inviting you to be part of a Mental Health Awareness week event. Please join us with hangi and activities to celebrate who we are as a community and to connect for our wellbeing. Everyone is welcome.



- Where: The Intercultural Church  
51 Centre Street
- When: Thursday, September 21  
11am-3pm
- Free hangi, beading, weaving, games, mindfulness activities, mental health and wellbeing information.
  - Please bring a food donation for our food bank if possible.
  - Contact: Rachael Roberts for more information. Phone: 027 2489 307
  - Thank you to all who contributed to this community event.

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