

ALL WELCOME

MIND HOW YOU GO!

FREE
EVENT

ALL YOU WANTED TO
KNOW
ABOUT MENTAL
HEALTH BUT WERE
TOO WHAKAMĀ (SHY)
TO ASK

LEARN HOW CLINICAL
PSYCHOLOGY CAN
IMPROVE YOUR
MENTAL HEALTH &
WELL BEING

WHERE

WHEN

10.00AM

WE AREN'T BROKEN,
SOMETIMES WE JUST GET STUCK
JOSH FAULKNER

11.00AM

CAN AN APPLE A DAY KEEP THE
PSYCHOLOGIST AWAY?
KATE BROOKIE

12.30PM

USING YOUR VALUES TO GUIDE
YOUR PARENTING
GISELLE BAHR

1.30PM

WHAT IS MENTAL HEALTH AND
WHY DOES IT MATTER?
HANNAH HAWKINS-ELDER

2.30PM

RELATIONSHIPS THAT WORK: HOW
TO BUILD AND MAINTAIN A
POSITIVE CONNECTION WITH
YOUR PARTNER
NICOLE PRAY

THE UNDERCROFT (BEHIND ST
PETER'S CHURCH, 211 WILLIS ST,
WELLINGTON)

SATURDAY 28TH SEPTEMBER 2019