

MENTAL HEALTH AWARENESS WEEK 2021

TAKE TIME
TO KŌRERO
MĀ TE KŌRERO, KA ORA

Head along to your local libraries for a range of FREE wellbeing activities.

QUEENSTOWN

Tuesday 28 September

12.00pm

A Guided Walk in Nature

Thursday 30 September

5.30pm

Self Help Book Club

With Queenstown Book Club

Friday 1 October

2.00pm

Mindful Crafting Gratitude Jars

With Chenin from Cre8ing Balance

Saturday 2 October

10.30am

Meditation in the Library

With Clare from Queenstown Meditation

3.00pm

Intro to Journaling

With Chenin from Cre8ing Balance

FRANKTON

Saturday 2 October

10.30am

Mindful Crafting Gratitude Jars

With Chenin from Cre8ing Balance

12.00pm

A Guided Walk in Nature

1.30pm

Intro to Journaling

With Chenin from Cre8ing Balance

3.00pm

Meditation in the Library

With Clare from Queenstown Meditation

3.00pm

Children's & Youth Meditation in the Library

With Kirsty from iNsPiRe Youth

- ☺ Everyone welcome!
- ☺ Contact your local library for more info.
- ☺ Bookings may be required for some events.

WĀNAKA

Tuesday 28 September

10.00am

A Walk in Nature

With the Wānaka

Walker Group

Thursday 30 September

5.30pm

Self Help Book Club

With Eve from

Wānaka Library

Saturday 2 October

11.00am

Mindful Crafting

Magazine Strip Art

With Eve from

Wānaka Library

For more info please contact:

FRANKTON LIBRARY

✉ frankton.library@qldc.govt.nz

☎ 03 441 3680

QUEENSTOWN LIBRARY

✉ queenstown.library@qldc.govt.nz

☎ 03 441 0600

WĀNAKA LIBRARY

✉ wanaka.library@qldc.govt.nz

☎ 03 443 0410

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📱 @qtlakeslibraries

📷 @qldclibraries



Enriching minds and communities: Te whakapuāwai i kā hinengaro me kā hapori