

MENTAL HEALTH AWARENESS WEEK 2021



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

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