

*Central Otago Friendship Network*

## WHĀNAU WEDNESDAY

To celebrate Mental Health Awareness Week, our Wednesday Friendship Group are hosting a community connection event.

The 2024 MHAW theme is

**“Community is what we create together”.**

Whānau Wednesday offers a low key, fun opportunity to connect with others in your community. There will be activity stations with board games, puzzles, mindful colouring, a craft activity and a group activity for those who wish to get creative together. You can also bring a favourite hobby, book or puzzle to share or just sit and chat.

Drop in anytime or stay the whole session. All ages welcome.

We are looking for volunteers to provide some baking for a light afternoon tea. Tea and coffee provided.

**WHERE: ALEXANDRA COMMUNITY HOUSE**

**WHEN: WEDNESDAY 25TH SEPTEMBER, 1 - 3PM**

**COST: FREE**

If you wish to contribute some baking for afternoon tea, please contact Eve on 022 411 9140 or [cofriendshipnetwork@gmail.com](mailto:cofriendshipnetwork@gmail.com)