

Mental health awareness at Queenstown Library

Connect with a Cuppa: The Mindful Art of Brewing Tea

Wednesday 14 October, 11.00am–12.00pm

**Take a moment to slow down and reconnect
through the simple ritual of tea.**

Join **Michelle Casson** of Queenstown-based **Stir Tea** for a guided loose-leaf tasting, exploring the flavours and aromas while reflecting on the role that everyday rituals can play in creating moments of connection and belonging.



BELONGING
Matters

Mental Health Awareness Week 12-18 OCT | 20 26

See staff,
email,
or call us
to book.



For more info please contact:

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Te whakapuāwai i kā hinengaro me kā hāpori. Enriching minds and communities.

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Queenstown Lakes