

FREE MENTAL HEALTH & ADDICTIONS WORKSHOPS

Wellbeing workshops by people with lived experience
of mental health distress &/or addictions

Kāpiti

Begins Thursday 18th July

12:30pm - 3:00pm

Kāpiti Impact Hub

6 Tongariro Street, Paraparaumu

COFFEE, TEA &
SNACKS PROVIDED

EMERGE
Aotearoa



Realising potential ■ Tautokohia te mana tangata

CONTACT

Email: personalconnections.referrals@emergeaotearoa.org.nz
or call 027 700 9921 for referrals

Recovery is possible! Come along & learn how