

FREE MENTAL HEALTH & ADDICTIONS WORKSHOPS

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

Newtown

Begins Monday 15th July

11:00am - 1:30pm

Newtown Community Centre

Corner Colombo & Rintoul Streets

COFFEE, TEA &
SNACKS PROVIDED

EMERGE
Aotearoa 
Realising potential ■ Tiutokohia te mana tangata

CONTACT

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

Recovery is possible! Come along & learn how