

# **FREE MENTAL HEALTH & ADDICTIONS WORKSHOPS**

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

## **Tawa**

**Begins Wednesday 17th July**

**1:00pm - 3:30pm**

**Tawa Community Centre**

**5 Cambridge Street, Tawa**

COFFEE, TEA &  
SNACKS PROVIDED

**EMERGE**  
*Aotearoa*



*Realising potential ■ Tautokohia te mana tangata*

## **CONTACT**

Email: [personalconnections.referrals@emergeaotearoa.org.nz](mailto:personalconnections.referrals@emergeaotearoa.org.nz)  
or call 027 700 9921 for referrals

Recovery is possible! Come along & learn how