

**GETTING
THROUGH
TOGETHER**
WHĀIA E TĀTOU TE PĀE TAWHITI



MINDFUL COLOURING

**REIMAGINE
WELLBEING
TOGETHER
HE TIROHANGA
ANAMATA**

Mental Health
Awareness Week
21-27 September

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 **Mental Health Foundation**
mauri tū, mauri ora OF NEW ZEALAND