

**TAKE TIME
TO KŌRERO**
MĀ TE KŌRERO, KA ORA

Mental
Health
Awareness
Week

27th Sept to 3rd Oct

Workshops

AT THE SALVATION ARMY
QUEENSTOWN



Te Ope Whakaora



TUESDAY 28TH SEPT
10-11AM

**THERE'S NO PANICKING HERE
- groceries can be cheaper**



WEDNESDAY 29TH SEPT
10-11AM

MANAGING CHANGE



THURSDAY 30TH SEPT
10-11AM

**FIND YOUR AMAZING...
dare to dream**



FRIDAY 1ST OCT
10-11AM

**GETTING TO KNOW
YOURSELF
self-awareness**

**UPSTAIRS AT 71 GORGE RD
PH 422 9661 FOR MORE INFO
OR REGISTER AT THE QUEENSTOWN
SALVATION ARMY FACEBOOK PAGE**