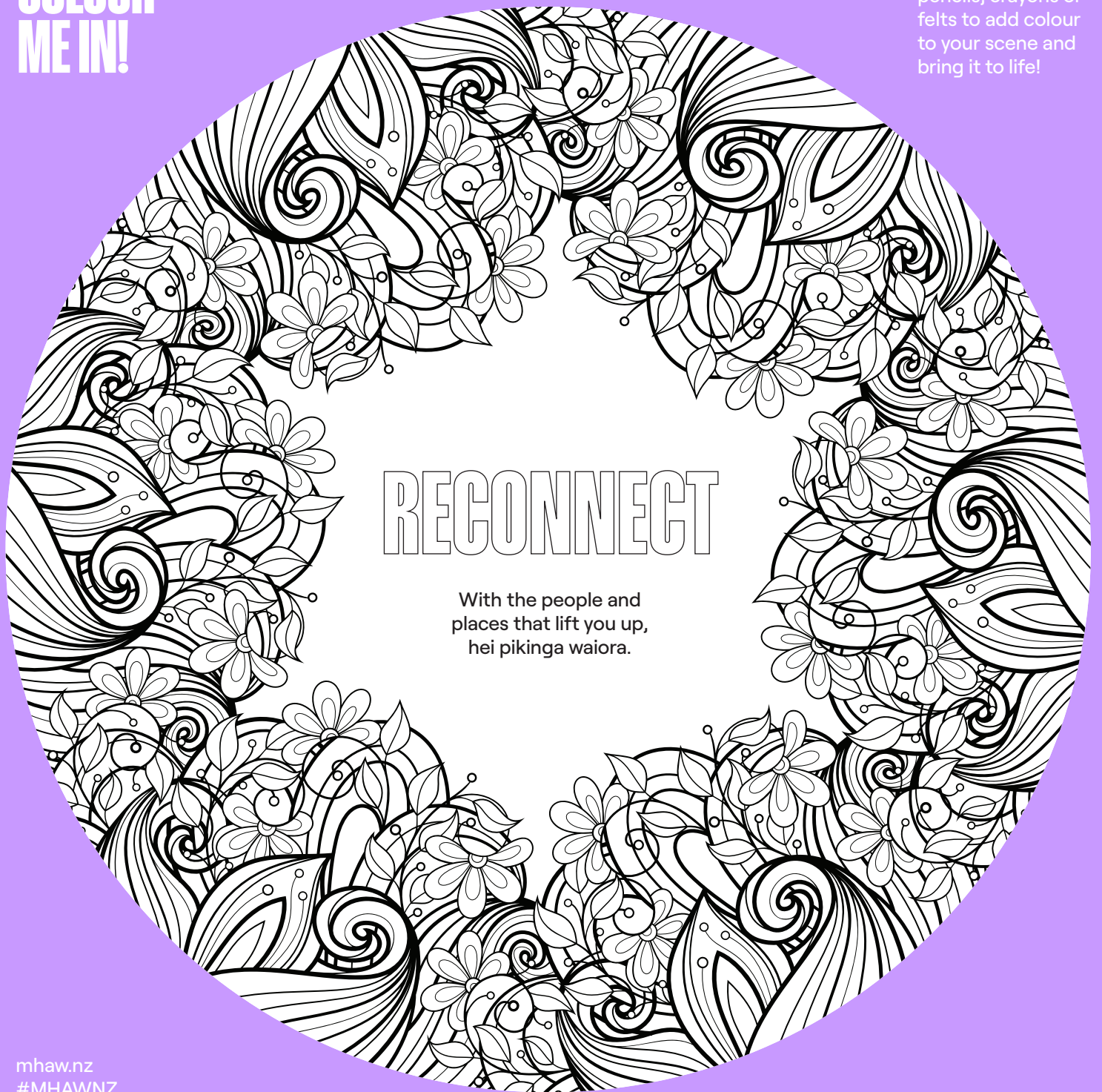


**COLOUR
ME IN!**

Grab some pens,
pencils, crayons or
felts to add colour
to your scene and
bring it to life!



RECONNECT

With the people and
places that lift you up,
hei pikinga waiora.

mhaw.nz
#MHAWNZ

MINDFUL COLOURING

Mental Health
Awareness Week

 Mental Health Foundation
mauri tū, mauri era OF NEW ZEALAND

26 September
– 2 October 2022