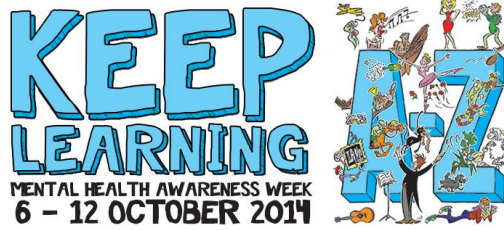


# MENTAL HEALTH AWARENESS WEEK 2014



## Programme includes...

### RECOGNITION AWARDS FOR OLDER PERSONS

Celebrating older persons who are outstanding role models of ageing positively.  
*Celebrating International Year of the Older Person – 7pm, 1<sup>st</sup> October, NPDC Chamber*  
A Positive Ageing – New Plymouth initiative.

For more information contact Gordon Hudson - Like Minds Taranaki 06-759-0966

### DANCE / SOCIAL / KARAOKE – HAWERA – GOLD COIN

Tuesday 7<sup>th</sup> October – 10.30am -1.30pm - contact Kevin Brown, 027-2314-882

### PUBLIC PRESENTATIONS – GOLD COIN

Managing Stress in the Workplace  
Workplace Bullying

Wednesday 8<sup>th</sup> October, 7-9.00pm at the Baptist Church, Liardet Street, New Plymouth

### PUBLIC PICNIC IN THE PARK – FREE

Thursday, 9<sup>th</sup> October - 11am – 2pm - Hatchery Lawn – Pukekura Park  
Live art, live music, live performances, cooking demonstrations,  
Ukulele Group, Book swap, Games library, Zumba class, Circus challenges,  
Food, 'Show case' performances, Drummers group and much, much more...  
Contact – Sam Heath 021-0267- 0269

### Launch - *TURN the PAGE* – Phase 2 – FREE

Tuesday 7<sup>th</sup> October 12noon – Hawera Library  
Friday 10<sup>th</sup> October – 1:00 pm – Puke Ariki Library (1st floor)  
By invitation only – for more information, contact Like Minds Taranaki 06-759-0966

### QUIZ – for WITT Students – at WITT Cafeteria – FREE

Wednesday 22<sup>nd</sup> October 12 noon – WITT student teams only

### DISPLAYS IN ALL LIBRARIES IN OUR REGION

Once again, all Libraries in the region are promoting mental health awareness and have a range of resources available

## Taranaki Mental Health Awareness Week 2014...

*is supported by and sponsored by a wide range of organisations providing effective services for people experiencing mental illness.*

Healthcare NZ    Like Minds Taranaki    Pathways    Progress to Health  
Puke Ariki & all Taranaki Community Libraries    South Taranaki libraries  
New Plymouth District Council - South Taranaki District Council  
Supporting Families in Mental Illness    Tui Ora Ltd    WITT  
Taranaki District Health Board – Mental Health & Addiction Services  
Problem Gambling Foundation NZ    Needle Exchange Taranaki (NETS)

*Proudly supporting mental health awareness*

*Mental illness can affect anyone, anytime, anywhere.*

*What you do may make all the difference.*

For more information, contact Like Minds Taranaki – 06-759-0966

[mental.health@xtra.co.nz](mailto:mental.health@xtra.co.nz)

[www.likemindstaranaki.org.nz](http://www.likemindstaranaki.org.nz)