

**COLOUR
ME IN!**

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



mhaw.nz
#MHAWNZ

Mindful Colouring

MHAW 20
Mental Health
Awareness Week 23

Five Ways,
Five Days.

mhaw.nz
18-24 Sept

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