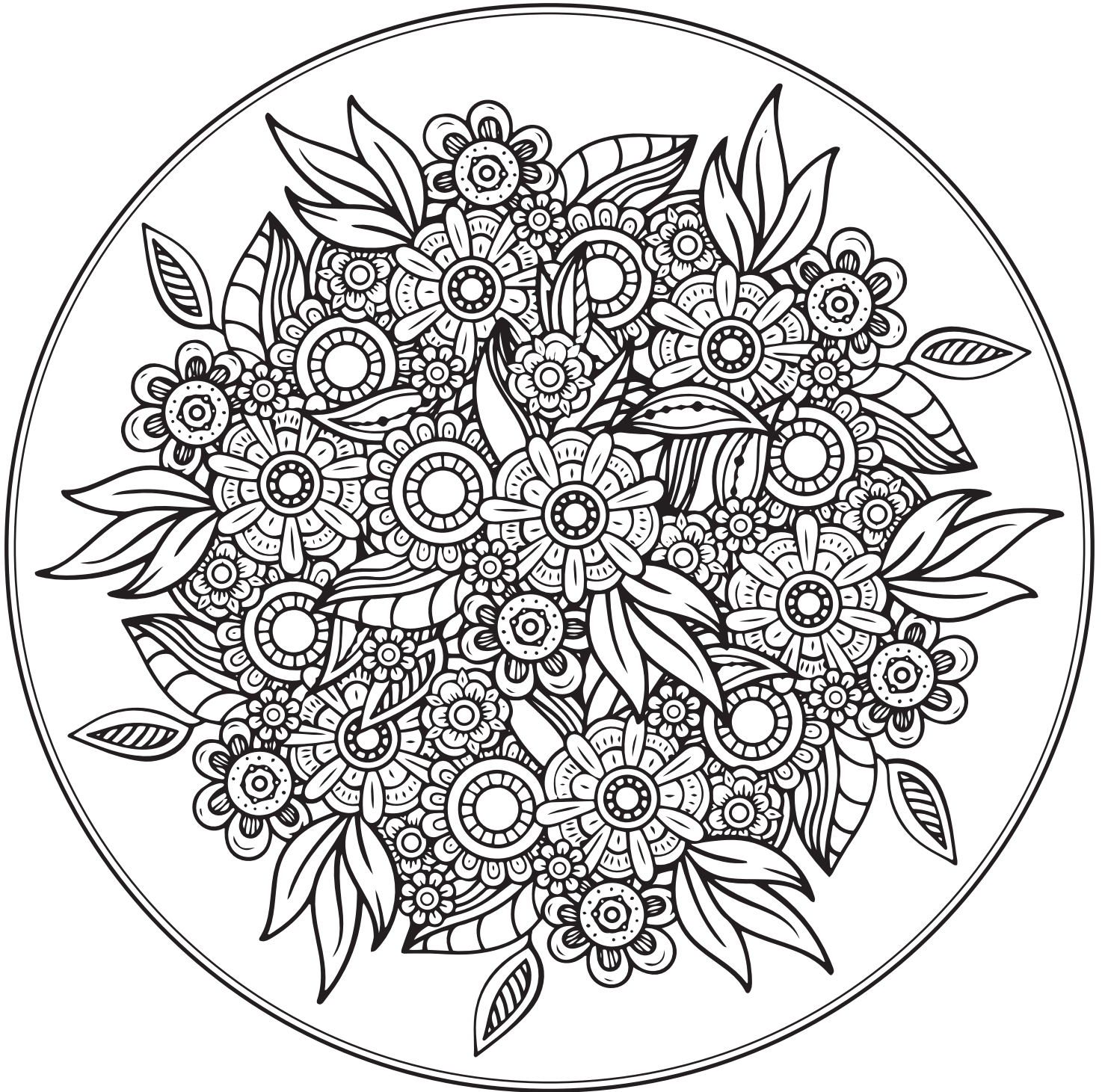


Colour me in!

Grab some pens, pencils,
crayons or felts to add colour
and bring this to life!



Mindful Colouring

**Mental Health
Awareness Week**

6–12 | 20
OCT | 25

mhaw.nz


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