

# VISIT OUR SAFE SPACE

to connect,  
learn,  
share and  
feel supported.

- MINDFULNESS
- YOGA
- ART
- FITNESS
- DEEP RELAXATION
- JOURNALING
- GUIDED MEDITATION
- SEMINARS
- QIGONG
- PLUS SUPPORT GROUPS:
  - DROP IN FOR A CUPPA AND KŌRERO  
(CHA AND CHAT)
  - CHANGING DOSES OR WEANING OFF  
PSYCHIATRIC MEDICATIONS  
(TAPERING OFF MEDICATION)
  - EXPERIENCING ALTERED REALITIES  
(REALITIES)
  - IDENTIFYING AS LGBTQIA+  
(RAINBOW COMMUNITY SUPPORT)

## CONNECT WITH REAL PEOPLE IN REAL TIME

## FEELING OVERWHELMED?

Connect with a Peer Support Worker,  
available in every session for  
one-on-one support.



[www.wellbeingessions.nz](http://www.wellbeingessions.nz)