

Free Community Wellbeing Workshop

Murchison



Nelson Bays Primary Health is providing free community wellbeing workshops around the region and we have a session coming up in Murchison.

Please come along and enjoy a cuppa and kai with us!

Details:

Date: Thursday 29 February 2024

Time: 10.00am - 3.00pm

Location: Murchison Sport, Recreation and Cultural Centre

Topics Covered:

Understanding Stress, Depression and Anxiety

Managing thoughts and feelings

Mindfulness

Boundaries

Facilitated By:

Vicky Bryant,

Mental Health Clinician/Counsellor

To register please contact:

Murchison.hospital@nmdhb.govt.nz

03 523 1120

(Please register by Thursday 22 February 2024)



Free Community Wellbeing Workshop

Richmond, Nelson and Motueka



Nelson Bays Primary Health is providing free community wellbeing workshops around the region and we have the following sessions coming up in Richmond, Nelson and Motueka.

Please come along and enjoy a cuppa and kai with us!

Richmond:

Wednesday 6 March 2024, 5.30 - 8.00pm
and
Wednesday 13 March 2024, 5.30- 8.00pm
(please attend both sessions)
Registrations close 28 February 2024
Nelson Bays Primary Health,
281 Queen Street, Richmond

Nelson:

Monday 25 March 2024, 10.00am - 3.00pm
Registrations close 18 February 2024
Braemer Campus, Waimea Road
(Seminar Room 1)

Motueka:

Friday 15 March 2024, 10.00 - 3.00pm
Registrations close 8 March 2024
Motueka Community House,
9 Greenwood Street, Motueka

Topics Covered:

Understanding Stress, Depression and Anxiety
Managing thoughts and feelings
Mindfulness and Boundaries

Facilitated By:

Vicky Bryant, Mental Health Clinician/Counsellor

To register please contact:

reception@nbph.org.nz

03 539 1170

