

# Mental Health Awareness Week

26 Sep - 2 Oct

## RECONNECT

with the people and places that lift you up



### TUESDAY 27TH

|                |                                                   |                                                                                                                 |
|----------------|---------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| 12pm - 12.45pm | Pilates                                           | Level 2, B111                                                                                                   |
| 12pm - 12.45pm | Benefits of Meditation for Mental Health workshop | Chaplaincy Center                                                                                               |
| 1pm - 3pm      | Leva Mental health Workshops (use link to book)   | <a href="https://unitec.wufoo.com/forms/mlw_hlebx0uayuki/">https://unitec.wufoo.com/forms/mlw_hlebx0uayuki/</a> |
| 1pm - 2pm      | Counsellor drop in session                        | Ally Space                                                                                                      |

### WEDNESDAY 28TH

|                                    |                                                               |                            |
|------------------------------------|---------------------------------------------------------------|----------------------------|
| 7.30am - 8.30am                    | Yoga                                                          | Level 2, B111              |
| 10.30am - 11am                     | Waiata Sessions                                               | Puukenga                   |
| 12.30 - 1pm<br>1pm - 1.30pm<br>Q&A | Tibetan Buddhist Monk "Inner Peace as a Way to Mental Health" | 183 - 1045                 |
| 1pm - 2pm                          | Counsellor drop in session                                    | Ally Space                 |
| 1.30pm - 3.30pm                    | Ally Network Pool Tournament                                  | email connect@unitec.ac.nz |
| 1pm - 2pm                          | Therapy dog                                                   | 180 Atrium                 |
| 3.30pm - 4.30pm                    | Yoga                                                          | Level 2, B111              |

### THURSDAY 29TH

|               |                            |                   |
|---------------|----------------------------|-------------------|
| 11am - 1pm    | Free student lunch         | 180 atrium        |
| 12.30pm - 1pm | Meditation offering        | Chaplaincy center |
| 1pm - 2pm     | Counsellor drop in session | Ally Space        |

### FRIDAY 30TH

|                |                                                       |                                                                                                               |
|----------------|-------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| 10am - 12pm    | Hauora Maori: Maanaki Ora workshop (use link to book) | <a href="https://unitec.wufoo.com/forms/mlnlfw6n0oo6g0v/">https://unitec.wufoo.com/forms/mlnlfw6n0oo6g0v/</a> |
| 12pm - 12.45pm | Meditation offering global meditation master          | Chaplaincy Center                                                                                             |