

# MENTAL HEALTH WEEK EXPO

## Appreciate the Little Things

Join us for a week dedicated to promoting mental health, wellbeing, and stronger connections in our community.

Through interactive activities, information tables, and engaging conversations, we'll explore the positive impacts of gardening, volunteering, and getting involved!

Come along to:

- ✦ Learn more about local mental health support services.
- ✦ Discover simple ways to boost wellbeing.
- ✦ Break down stigma and build understanding.

- ✦ Celebrate the strength of connection and care.

**11AM - 2PM  
Wed, 8  
OCT 2025**



**Glenorchy Library,**



**[www.gcc.tas.gov.au](http://www.gcc.tas.gov.au)**



**03 6216 6800**



**Mental Health Week  
TASMANIA**

