



UPCOMING TALKS

All talks listed below are on Friday afternoons starting at 1:30pm and ending at 3:00pm, with afternoon tea included.

Date:	Organisation:	Topic:
20th July (NOTE :Thursday)	Dr Emily Cooney Senior Lecturer Otago Medical School	CBT hacks and strategies for more happiness and less suffering
28th July	Volunteer NZ	How volunteers get involved and what they gain from their experiences.
4th August	Wellington Suicide Loss Support Group	Support for those bereaved by suicide.
11 August	WorkBridge	Building a Bridge over Employment Barriers.
18th August	Kaibosh	Food Rescue
25th August	Workwise	Helping People Overcome Barriers to Employment.

These free talks are held at St Peter's Church Undercroft, 211 Willis St.

All welcome