



**Mental  
Health  
Week**  
**TASMANIA**  
4-12 October



**headspace**  
Launceston

headspace Launceston & partners present ...

# Big Day of Little Things

A day full of **free activities** creating your own  
mindfulness kit for your mental health

**Free snacks and drinks with prizes to be won!**



**Where:**

**Launceston Library**  
**71 Civic Square, Level 2**

**When:**

**October 8th**  
**10am - 2pm**



- **Mindfulness workshops**
- **Mental health resources and service providers!**
- **Lucky door prizes!**



**Mental  
Health  
Council**  
OF TASMANIA



SUPPORTED BY  
**Tasmanian  
Government**

medicare

**Mental Health  
Centres**



**City of  
LAUNCESTON**



**Anglicare**TAS  
*Choice, support and hope*



**LIBRARIES  
TASMANIA**

