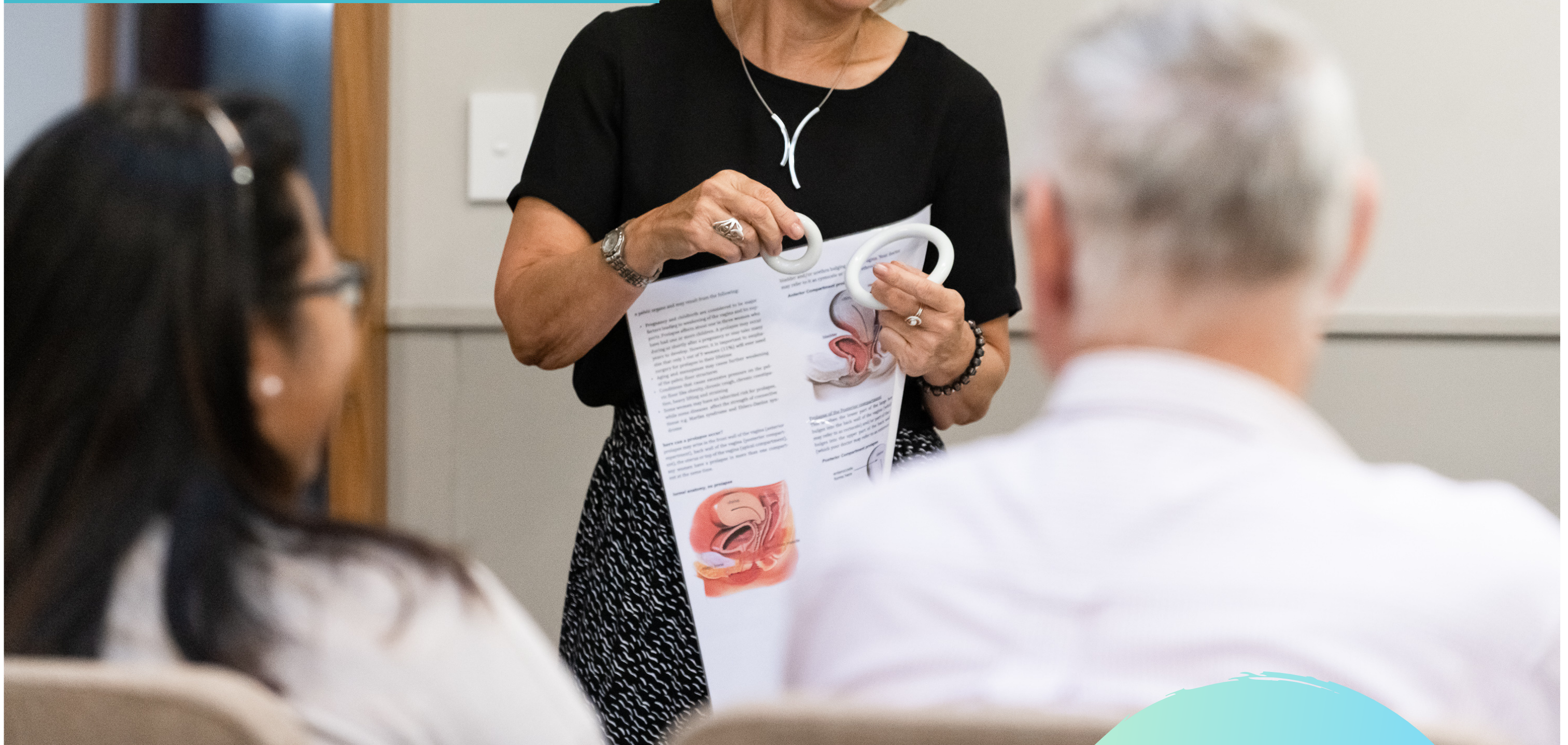


**WORLD
CONTINENCE WEEK
21-27 JUNE 2021**



HOST A WEE CHAT!

**Resource
pack coming
soon to:
continence.org.nz**

1. PLAN A GATHERING, BIG OR SMALL, BUT KEEP IT RELAXED
2. INVITE A GROUP YOU THINK COULD BENEFIT
3. MAKE SURE YOU'RE IN A COMFORTABLE SETTING - OR DO IT ONLINE
4. USE OUR RESOURCE PACK TO START DISCUSSION
5. THROW ALL TABOO AND JUDGMENT AWAY! BE SUPPORTIVE
6. URGE PEOPLE TO HAVE A WEE CHAT WITH FAMILY AND FRIENDS

ENCOURAGE PEOPLE TO CALL CONTINENCE NZ ON 0800 650 659
IF THEY NEED A WEE CHAT WITH US!