

**WORLD
CONTINENCE WEEK
19-25 JUNE 2023**



HAVE A WEE CHAT!

WHAT'S
YOUR
NUMBER?

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 WHĀNAU AND FRIENDS

ENCOURAGE PEOPLE TO CALL CONTINENCE NZ IF THEY NEED A WEE CHAT WITH US! **HERE'S OUR NUMBER - 0800 650 659**



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