

16 June 2026



Concordia Health
500 Nelson St North
Hastings

Dear Friends

One morning I got the nudge to create a space for my friends to speak about their experiences during the Covid Years (2019 - 2026). The ripples of these years continue to go outward into ourselves, families and communities. We learnt so much about ourselves during those years, and some of us activated our will to go forward, no matter what.

Please join me on **Monday 29 June 12.30pm until 2.45pm** at Rudolf Steiner Centre, 500 Nelson St North, Hastings to gather in small groups and speak about these times. You will be given a choice to join the MIQ, Lockdown, Mandates or Other group. You will be given 6 minutes to speak from your heart, from your experiences. When we come back together, your collective wisdom will be shared with the whole group, according to what your group deems is acceptable.

I look forward to seeing you soon.

Please RSVP to my email speakingupkiwi@gmail.com.

Warm regards

Angela Hair

speakingupkiwi@gmail.com

TLC TLC*TLC*TLC*TLC*TLC*TLC*TLC*TLC*TLC*TLC*TLC*TLC*TLC*TLC*TLC*

TALKING

LISTENING

CARING

Join us to share your experiences of Covid and post-Covid years (2019 to 2026)

Monday 29 June 2026
Steiner Centre
500 Nelson St Hastings
12.30pm to 2.45pm

Numbers limited. Registration essential:
speakingupkiwi@gmail.com
Your koha donation is appreciated