Together and Apart Online community workshop

New Zealand Red Cross has developed a free online workshop called:

Together and Apart

This free, one hour workshop is aimed at community members impacted by COVID-19.

The short workshop seeks to assist people to understand how events like COVID-19 affect the way we feel, think, and relate to people and suggest some useful coping strategies.

For more information contact recovery@redcross.org.nz



Psychosocial Support Ngā Ratonga Pāpori Hinengaro