

WORLD  
CONTINENCE WEEK  
15-21 JUNE 2026



# HOST A WEE CHAT FOR US!

**One  
conversation  
can change  
everything!**

1. PLAN A GATHERING, BIG OR SMALL, BUT KEEP IT RELAXED.
2. INVITE A GROUP YOU THINK COULD BENEFIT. EVEN SPEAKING WITH JUST ONE OTHER PERSON IS A GREAT START AND WE'D LOVE TO HEAR ABOUT IT!
3. MAKE SURE YOU'RE IN A COMFORTABLE SETTING - THIS CAN BE YOUR WORKPLACE, MARAE, COMMUNITY CENTRE, SCHOOL, OR EVEN ONLINE.
4. USE OUR RESOURCES TO START A DISCUSSION.
5. THROW ALL TABOO AND JUDGEMENT AWAY! BE SUPPORTIVE.
6. URGE PEOPLE TO HAVE A WEE CHAT WITH WHĀNAU AND FRIENDS.

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