

# Global Food & Friends

Calling all Newcomers, Migrants and Kiwis

Join us at our  
friendship group...



- \* Learn about Kiwi culture
- \* Find out how local services can help you to settle in NZ
- \* Try foods from around the world and bring a small plate of finger food to share
- \* Wide range of speakers and activities
- \* Meet others, make new friends and have fun

Everyone welcome – bring your friends and family along

**Venue:**

**Level 1, Hearts & Minds  
(opposite Northcote  
Library)  
65 Pearn Crescent,  
Northcote**

**Wednesdays, fortnightly**

**Time: 10:30am – 12:30pm**

**Dates: 31st July, 14th Aug,  
28th Aug, 11th Sept, 25th  
Sept, 9th Oct**

For enquiries, please phone: (09) 441 8989 or  
email: [info@heartsandminds.org.nz](mailto:info@heartsandminds.org.nz)

[www.heartsandminds.org.nz](http://www.heartsandminds.org.nz)  
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