

# **MHAPS staff: Mental Health Advocacy and Peer Support (MHAPS), Christchurch**

**It is okay to give someone a hug. Nicky. Getting my 4 year old to smile. Ian B. SAYING YES TO SOMETHING YOU'VE ALWAYS TALKED YOURSELF OUT OF. TERRY. Selling my art to fundraise for Dogwatch Sanctuary Trust. Kat. GOING ON HOLIDAY. IAN J. Saying "thank you" to a family member. Beth. Being around family/my dogs/friends & doing things I enjoy. Grant. POTLUCKS AND PICNICS WITH FRIENDS AND SWIMMING IN THE SEA. KELLY. Being grateful and Laughing at everything. KAren. Good enough is enough for me. Phil. Ask the naive question! The silliest one is the one unasked. Vanessa.**

Canterbury has been through a lot.  
Thanks for sharing some of the simple  
things that bring you joy.

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