



KINDNESS MATTERS 2026



BE HEARD. BE SEEN. BE VALUED.

Lived Experiences Heard: Real Voices, Real Change

Join us as we celebrate World Mental Health Day through a day of meaningful activities and workshops promoting mental well-being, inclusion, and connection



Lived Voices, Shared Stories

Join us to learn about mental health.

Dr Chai Jing Yun



Autism Self-Advocate,
PhD Holder, Researcher

Dr Rowina Murray



Cardiologist
Institut Jantung Negara



Prakash Ravindran
Wellbeing and Flourishing
Lead at Alice Smith School,

Amani

Founder of Neuro.D,



Little Voices, Big Feelings

Inviting all children
7 to 12 years old



Our Voices, Our Stories

Inviting all teenagers
13 to 18 years old



Jenn Fu



Every Story Matters

Inviting everyone who is navigating changes in later life



Dr Kantha Ruban
General Practitioner with Special
Interest in Geriatrics; Secretary MHAS



Saturday, 10th
October 2026

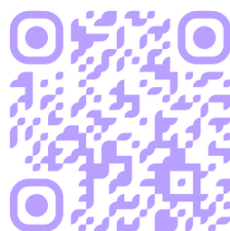


9:00 AM to 2:00 PM



Oasis Place Sdn Bhd,
Brickfields KL

Complimentary



SIGN UP
TODAY

tiny.cc/KM2026

Interactive Booths

- Emotion Slider
- Mind Matters: Let It Go!
- A note about life
- Mental Health Screening



Community
Partners

