



**FRASER HIGH SCHOOL**  
Te Kura Tuarua o Taniwharau

# **A Mindful Life**

## **Dealing with challenges**

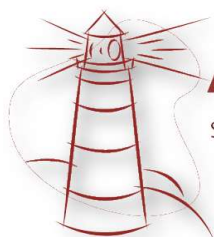
**A 6-week night class,  
full of practical tools and techniques  
for dealing with stress, worries and fears;  
including mindfulness skills**

**\$79 per person**

**Starts Feb 10th, 2020; limited places**

**Enrol at: [www.fraserace.ac.nz](http://www.fraserace.ac.nz)**

**Tutor: Jo Wall**



**ACT Counselling**

Support for living a valued life  
[www.actcounselling.co.nz](http://www.actcounselling.co.nz)