



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

# **A Day of Mindfulness**

## **Skills for Daily Life**

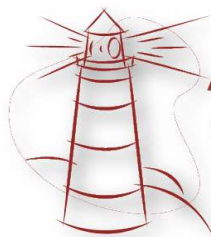
**A one-day course, 10am-4pm**  
**full of practical tools and techniques**  
**for dealing with stress, worries and fears;**  
**featuring mindfulness skills**

**\$79 per person**

**Feb 27th, 2021; 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)