



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

(Formerly known as Raeburn House)

MANAGING STRESS AND DISTRESS FOR MANDARIN SPEAKERS

This group aims to build both the practical and internal resources of participants, enabling better management of stress and distress.

Mindfulness approaches will equip you for a calmer day to day life, as our facilitator Julia Zhu introduces you to many strategies which will help you find a calmer way of living. The tools and techniques taught will be drawn from proven approaches to wellbeing.



- DATE** Every Tuesday, 15th May to 3rd July
- TIME** 7pm - 9pm (8 sessions)
- VENUE** Albany Community Hub
575A Albany Highway, Albany
- COST** \$105

FREE WITH A DOCTOR OR HEALTH PROFESSIONAL'S REFERRAL

(Valid for 1 year for up to 2 groups per term).



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ABOUT JULIA ZHU

M.A. (Counselling), DAPAANZ (Prov), MNZAC.

Julia speaks three languages: English, Mandarin and Cantonese. She is originally from Southwest China and has lived in Auckland for fourteen years with her family. In the last nine years she has supported adults through stress and distress as they have faced all manner of life challenges.

Julia graduated with a Masters Degree at the University of Auckland, and is a registered counsellor. She works in a holistic, non-judgemental way and encourages people to find the courage, confidence and skills to maintain a healthier lifestyle, and a happier self.



For more information and registration, please contact
Hearts & Minds

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