

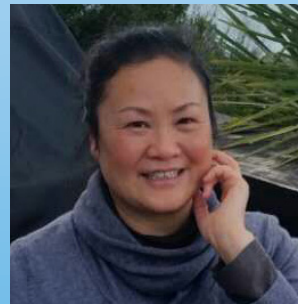
# Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

## FOR MANDARIN SPEAKERS: MANAGING STRESS & DISTRESS

This group will aim 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.



**FREE**

**WITH A DOCTOR  
OR HEALTH  
PROFESSIONAL'S  
REFERRAL**

### ABOUT JULIA ZHU

*(M.A. (Counselling), 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.

### LIMITED PLACES

Early enrolment is essential.

- DATE** Every Tuesday, 6th August to 24th September
- TIME** 7:00pm - 9:00pm (8 sessions)
- VENUE** Hearts & Minds Hub,  
65 Pearn Crescent, Northcote
- COST** \$105

**FREE WITH A DOCTOR OR HEALTH  
PROFESSIONAL'S REFERRAL**

*(Valid for 1 year for 1 group per term).*



To register contact  
Hearts & Minds

**PHONE** 09 441 8989

**E-MAIL** [learning@heartsandminds.org.nz](mailto:learning@heartsandminds.org.nz)

**WEB** [www.heartsandminds.org.nz](http://www.heartsandminds.org.nz)