

StressLess

Facilitator: Rebekah Charlton

StressLess is for 13-18 years olds to learn StressLess techniques and tools that aim to reduce anxiety and build resilience. Emotional resilience is the ability to adapt to stressful situations, and cope with life's ups and downs. The tools, strategies, and techniques taught will help youth to strengthen their emotional resilience, reduce stress and anxiety, develop healthy self-talk and mindset, and understand the principles of Te Whare Tapa Wha.

Where

*Tararua REAP
15 Gordon Street*

When

Wednesdays 3:30 - 4:30PM
3rd, 10th, 17th, 24th, 31st March
and the 7th of April 2021

No Cost

Contact Tararua REAP to register by 28th Feb

Supporting the community since 1982

Phone: 06 374 6565
Email: office@tararuareap.co.nz
Web: www.tararuareap.co.nz



Tararua REAP
15 Gordon Street
Dannevirke 4930