Hearts & Minds
Manawa Ora me te Hinengaro
Strengthening the Wellbeing of People and Communities

FREE & LOW-COST
Bookings essential

WELLBEING & RESILIENCE COURSES AND GROUPS

= IN-PERSON = ONLINE

JULY – DECEMBER 2026

MANAGING DEPRESSION & ANXIETY — FREE

IN-PERSON AND ONLINE

Drawing from established therapeutic approaches, this course offers a safe space to manage depressive and anxious states of mind. You will be introduced to healthy ways of managing internal distress, relationships and connecting with others.

	DATES	TIMES	WEEKS
	Wednesdays 14 October – 2 December	10.00am – 12.00pm	8
	Thursdays 6 August – 10 September	6.30pm – 8.00pm	6

VENUE **Glenfield Community Centre** 411 Glenfield Road, Glenfield (Entry from 96 Bently Avenue)
FACILITATOR **Nicola Duncan** BA Hons, Post Grad Dip CBT, MNZAC

BREAKING THE CYCLE (PROCRASTINATION & PERFECTIONISM) — FREE

ONLINE

Procrastination and perfectionism are often linked with depression and anxiety. This course will help you recognise unhelpful patterns such as self-criticism, overthinking, and avoidance and introduce techniques to modify them. You will learn ways to tolerate discomfort, practise self-compassion, re-define failure, challenge self-criticism, keep fun activities enjoyable, and apply practical strategies for overcoming procrastination.

	DATES	TIMES	WEEKS
	Thursdays 29 October – 10 December **NB: No session Thursday 5 November**	6.30pm – 8.00pm	6

FACILITATOR **Nicola Duncan** BA Hons, Post Grad Dip CBT, MNZAC

MANAGING STRESS, ANXIETY & CHANGE — FREE

ONLINE

This course will provide you with an understanding of how to manage stress, anxiety & change in your life. It will provide tools, techniques, and coping mechanisms to utilise when difficult situations occur, enabling you to manage your stress and anxiety effectively.

	DATES	TIMES	WEEKS
	Wednesday 2 September – 23 September	10.00am – 11.30am	4

FACILITATOR **Maria Thorndyke** Dip PC Couns, Dip Sach Hyp Psych, Dip Clinical Sup

CONFIDENCE & SELF-ESTEEM

FREE

ONLINE

Having good confidence and self-esteem is essential in helping us prepare for life's experiences. This course will explore the difference between the two and provide practical tools to increase your understanding of confidence and self-esteem. Other topics will include communication styles, maintaining healthy boundaries and challenging/reframing negative thinking patterns.

	DATES	TIMES	WEEKS
	Wednesdays 22 July – 12 August	10.00am – 11.30am	4

FACILITATOR **Maria Thorndyke** Dip PC Couns, Dip Sach Hyp Psych, Dip Clinical Sup

HEALTHY RELATIONSHIPS

FREE

IN-PERSON

Healthy relationships are important for our mental wellbeing. This course explores ways to enjoy healthy relationships with ourselves and others, including effective communication, keeping safe in personal and work relationships, handling conflict constructively and nurturing important relationships.

	DATES	TIMES	WEEKS
	Wednesdays 22 July- 12 August	10.00am – 12.00pm	4
	Wednesdays 2 September – 23 September	10.00am – 12.00pm	4

VENUE **Hearts & Minds** Level 1, 90 Rosedale Road, Rosedale (Salvation Army Building)

FACILITATOR **Nicola Duncan** BA Hons, Post Grad Dip CBT, MNZAC

WOMEN'S WELLBEING

FREE

IN-PERSON

This 8-week programme offers women a supportive space to explore the often invisible emotional and physical loads they carry, the pressure to meet unrealistic expectations, and the challenge of setting healthy boundaries in a demanding world. Together, participants honour their unique life journeys, challenge comparison culture, and reconnect with joy, self-worth, purpose, and self-care. The programme is designed to equip participants with practical tools, greater clarity, and a renewed sense of commitment to their wellbeing and personal empowerment.

	DATES	TIMES	WEEKS
	Tuesdays 13 October – 1 December	10.30am – 12.30pm	8

VENUE **Hearts & Minds** Level 1, 90 Rosedale Road, Rosedale (Salvation Army Building)

FACILITATOR **Maria Thorndyke** Dip PC Couns, Dip Sach Hyp Psych, Dip Clinical Sup

CONFIDENT COMMUNICATION AND BOUNDARIES

FREE

ONLINE

Confidence is more than just feeling good, it's knowing your worth, communicating clearly, and standing firm in your values. This course focuses on how confidence supports healthy boundaries and assertive communication. We will explore how to recognise your needs, express yourself respectfully, and navigate difficult conversations more effectively. You will gain practical strategies to build self-awareness and develop the confidence to ask for what you need, without guilt or hesitation.

	DATES	TIMES	WEEKS
	Thursdays 15 October – 5 November	6.30pm – 8.00pm	4

FACILITATOR **Laverne Robinson** BSocPrac, M.Anzcal.

THINKING BETTER, FEELING BETTER (CBT SKILLS FOR STRESS & ANXIETY) FREE

ONLINE

Using a Cognitive Behavioural Therapy (CBT) framework, to explore stress and anxiety, you will gain valuable insights into how unhelpful thoughts and behaviours can contribute to the escalation of stress and anxiety. By understanding this it can empower positive change. We will introduce practical strategies to help you manage stress and anxiety more effectively on your own.

	DATES	TIMES	WEEKS
	Wednesdays 30 September-21 October	6.00pm-7.30pm	4

FACILITATOR **Sharon Logan** BS Hons Mental Health Nursing, Post Grad Dip CBT, MH Prac

HEALTH ANXIETY FREE

IN-PERSON

This course is designed to help individuals who experience ongoing worry or fear about their health. It will explore how health anxiety develops and how it can impact daily life. You will learn practical strategies to manage anxious thoughts, reduce the urge to check for symptoms or seek reassurance, and develop greater confidence in understanding and responding to physical sensations. The tools provided will help support you to feel calmer, more balanced, and in control of your wellbeing.

	DATES	TIMES	WEEKS
	Wednesdays 5 August – 9 September	12.30pm – 2.30pm	6

VENUE **Hearts & Minds** Level 1, 90 Rosedale Road, Rosedale (Salvation Army Building)

FACILITATOR **Sharon Logan** BS Hons Mental Health Nursing, Post Grad Dip CBT, MH Prac

EMOTIONAL REGULATION FOR STRESS & ANXIETY FREE

IN-PERSON

This group helps participants understand the links between stress, anxiety, and emotions, while learning practical strategies to manage and regulate them more effectively. It offers tools to build emotional awareness, develop calm responses, and improve overall wellbeing.

	DATES	TIMES	WEEKS
	Mondays 20 July – 24 August	10.00am – 12.00pm	6
	Wednesdays 14 October – 18 November	10.00am – 12.00pm	6

VENUE **Glen Eden Community House (Mondays)** Prospect Park, 13 Pisces Road, Glen Eden

Glen Eden Community House (Wednesdays) Prospect Park, 13 Pisces Road, Glen Eden

FACILITATOR **Rosie Brown** Counsellor NZCCA

FINDING STRENGTH AFTER LOSS & TRAUMA

FREE

IN-PERSON

This course supports people adjusting to the emotional impact of life's difficult experiences, such as, loss, relationship breakdowns, accidents, health changes, or other challenging events. Participants will explore how trauma and loss can influence thoughts, emotions, and the body. You will be guided through learning practical strategies to restore emotional balance, build resilience, and move forward with greater confidence and self-compassion. ***Please note: This group is not suitable for individuals currently experiencing acute or extreme trauma, or those with active safety concerns.***

	DATES	TIMES	WEEKS
	Tuesdays 11 August– 29 September	10.00am – 12.00pm	8
	Wednesdays 14 October – 2 December	10.00am – 12.00pm	8

VENUE **Hearts & Minds** Level 1, 90 Rosedale Road, Rosedale (Salvation Army Building)

FACILITATOR **Bex Davies** BAppCouns, PGDipHealthSc (Addiction), BA (Anth, GS) (August group)
Fiona Sylvestre BA Psych, PGDip Couns (October Group)

THE JOURNEY THROUGH GRIEF

FREE

IN-PERSON AND ONLINE

Grief is a deeply personal journey that touches every part of life. This gentle six-week programme offers a safe, supportive space for those who have lost someone. Through guided discussion and shared reflection, participants explore the many faces of bereavement and grief, discovering ways to honour their loss while moving toward healing and connection. Facilitated by an experienced grief counsellor, this group offers comfort, insight, and community for those learning to live with loss.

	DATES	TIMES	WEEKS
	Wednesdays 19 August – 23 September	10.00am – 12.00pm	6
	Wednesdays 29 July – 2 September	6.30pm – 8.00pm	6

VENUE Ranui Community Centre 474 Swanson Road, Ranui

FACILITATOR **Rosie Brown** Counsellor NZCCA – In-Person Group
Julia Sheikh Counsellor NZAC – Online Group

MINDFULNESS FOR EVERYDAY CALM

FREE

IN-PERSON

Discover the transformative power of mindfulness and gratitude in this practical course. Learn simple techniques to cultivate presence, reduce stress, and appreciate the everyday moments that often go unnoticed. Through guided exercises and reflective practices, you'll build habits that support emotional well-being, resilience, and a deeper sense of joy in daily life.

	DATES	TIMES	WEEKS
	Tuesdays 28 July – 1 September	6.30pm – 8.30pm	6
	Tuesdays 27 October – 1 December	1.00pm – 3.00pm	6

VENUE **Hearts & Minds** Level 1, 90 Rosedale Road, Rosedale (Salvation Army Building)

FACILITATOR **Karina Ledwos** BA. Psych (Hons), M.S.W, MMTCP (Evening Group)
Bex Davies BAppCouns, PGDipHealthSc (Addiction), BA (Anth, GS) (Day Group)

ART THERAPY COURSES AND GROUPS

ART THERAPY

SINGLE FEE FOR ART MATERIALS: **$25**

IN-PERSON

The creative process of art therapy can bring about new insights and improve self-awareness. It offers a gentle and playful way of expressing your thoughts and feelings whilst promoting mindfulness. A variety of exciting art mediums will be used. No art skills required, just a willingness to experiment and explore through the art interventions and themes offered.

	DATES	TIMES	WEEKS
	Thursdays 23 July – 10 September	10.30am – 12.30pm	8
	Mondays 3 August – 21 September	10.30am – 12.30pm	8
	Tuesdays 13 October – 1 December	6.00pm – 8.00pm	8

VENUE **Hearts & Minds** Northcote Citizens Centre/ Temporary Community Hub**,** 1 Ernie Mays Street, Northcote

FACILITATORS **Virginia Frankovich** (Thursdays) Registered Arts Therapist AThR
Sasha Iyengar (Mondays) Registered Arts Therapist AThR
Angie Richardson (Tuesdays) Registered Arts Therapist AThR

MATERNAL WELLBEING THROUGH CREATIVITY

FREE

IN-PERSON

Please note: This course is designed exclusively for adults, and children are not able to attend.

This group is a supportive, non-judgmental space to explore the emotions and experiences of early motherhood (0-3 years) through art-making while connecting with other mums. Each week, a new theme will guide our relaxed creative process, helping mothers reconnect with their inner strengths. You'll have the opportunity to experiment with a variety of materials, discovering new ways to express yourself. No experience needed – just an openness to explore and connect.

	DATES	TIMES	WEEKS
	Thursdays 29 October – 3 December	10.30am – 12.30pm	6

VENUE **Hearts & Minds** Northcote Citizens Centre/ Temporary Community Hub**,** 1 Ernie Mays Street, Northcote

FACILITATOR **Virginia Frankovich** Registered Arts Therapist AThR

ART THERAPY FOR WELLBEING INCLUDING MINDFULNESS/MEDITATION

SINGLE FEE FOR ART MATERIALS: **$25**

IN-PERSON

This group will use the process of art therapy to foster creativity and self-expression. The safe, relaxing environment will provide an opportunity for growth in self-awareness and confidence. Mindfulness and meditation techniques will also be included. No art skills required, just a willingness to experiment and play with a variety of art materials.

	DATES	TIMES	WEEKS
	Wednesdays 28 October – 2 December	10.30am – 12.30pm	6

VENUE **Hearts & Minds** Northcote Citizens Centre/ Temporary Community Hub**,** 1 Ernie Mays Street, Northcote

FACILITATOR **Mary McGeever** Registered Arts Therapist AThR

FINDING BALANCE: CREATIVE EXPRESSION FOR EMOTIONAL WELLBEING

SINGLE FEE FOR ART MATERIALS: **$25**

IN-PERSON

This supportive art therapy group invites you to explore the emotional ups and downs of everyday life, including anxiety, stress, and low mood. Through guided creative activities, you'll gain new ways to understand and manage your emotions, strengthen resilience, and reconnect with your sense of self. The focus is on process rather than product — allowing space for reflection, mindfulness, and gentle growth. No prior art experience required.

	DATES	TIMES	WEEKS
	Saturdays 25 July – 29 August	10.00am–12.00pm	6

VENUE **Hearts & Minds** Northcote Citizens Centre/ Temporary Community Hub**,** 1 Ernie Mays Street, Northcote

FACILITATOR **Angie Richardson** Registered Arts Therapist, AThR

CREATIVE PARENTING USING THE MEDIUM OF ART

SINGLE FEE FOR ART MATERIALS: **$25**

IN-PERSON

Creative parenting is a fun and interactive group providing parents with tools and techniques to engage with young people through art and creativity. These skills will equip parents to teach young people how to self-regulate their difficult emotions, while increasing their confidence and self-esteem.

	DATES	TIMES	WEEKS
	Mondays 2 November – 7 December	10.00am – 12.00pm	6

VENUE **Hearts & Minds** Northcote Citizens Centre/ Temporary Community Hub**,** 1 Ernie Mays Street, Northcote

FACILITATOR **Sasha Iyengar** Registered Arts Therapist AThR

MANDARIN WELLBEING & RESILIENCE COURSES AND GROUPS

MANAGING STRESS, ANXIETY & CHANGE (DELIVERED IN MANDARIN) FREE

管理焦虑，压力和变化 （普通话小组）

IN-PERSON 线下

本课程将帮助您了解如何管理生活中的压力、焦虑和变化。将提供在焦虑压力发生的情况下的应对方式和方法，使您能够有效地管理压力和焦虑。

	DATES	TIMES	WEEKS
	Thursdays 3 September – 24 September 每周四 9 月 3 日 至 9 月 24 日	10.00am – 12.00pm 10 点 至 12 点	4

VENUE **Hearts & Minds** Level 1, 90 Rosedale Road, Rosedale (Salvation Army Building)

FACILITATOR **Yi Gong** BSc Psychology & Post Grad MBA 龚异 – 心理学学士 & 工商管理研究生

CONFIDENCE & SELF-ESTEEM (DELIVERED IN MANDARIN) FREE

自信与自尊 （普通话小组）

ONLINE 线上

拥有良好的自信和自尊对于我们应对生活中的各种经历至关重要。 本小组将探讨自信与自尊之间的区别，并提供实用工具，帮助你加深对这两个概念的理解并提升自我认知。 其他主题还包括：沟通风格、维持健康的界限，以及挑战/重构消极的思维模式.

	DATES	TIMES	WEEKS
	Thursdays 23 July – 13 August 每周四 7 月 23 日 至 8 月 13 日	7.00pm – 08.30pm 7 点 至 8 点半	4

FACILITATOR **Yi Gong** BSc Psychology & Post Grad MBA 龚异 – 心理学学士 & 工商管理研究生

WOMEN'S WELLBEING (DELIVERED IN MANDARIN) FREE

女性身心健康 （普通话小组）

IN-PERSON 线下

这个为期八周的课程为女性提供一个支持性的空间，去探讨她们在生活中常常被忽视的情感与身体负担、迎合不切实际期待的压力，以及在繁忙世界中建立健康界限的挑战。在课程中，参与者将共同肯定各自独特的人生旅程，挑战“比较文化”，并重新找回喜悦、自我价值、生活目标与自我照顾的力量。本课程旨在帮助参与者掌握实用工具，获得更清晰的自我认知，并重新建立对身心健康与自我成长的承诺。

	DATES	TIMES	WEEKS
	Thursdays 15 October – 3 December 每周四 10 月 15 日 至 12 月 3 日	10.00am – 12.00pm 10 点 至 12 点	8

VENUE **Hearts & Minds** Level 1, 90 Rosedale Road, Rosedale (Salvation Army Building)

FACILITATOR **Yi Gong** BSc Psychology & Post Grad MBA 龚异 – 心理学学士 & 工商管理研究生

PLEASE NOTE

- *Participants must be 18 years old or over and either live in the Waitematā catchment area (Waitākere, North Shore, Rodney) or access health services in the area.*
- *For those under 18 years old looking for support, please contact us to explore other options.*
- *Conditions apply.*

HEARTS & MINDS COMMUNITY HUB

ADDRESS	**Level 1, 90 Rosedale Road, Rosedale, (Salvation Army Building)**
PHONE	**0800 468 288** or **(09) 441 8989**
FAX	**(09) 441 8988**
EMAIL	**learning@heartsandminds.org.nz**
WEBSITE	**heartsandminds.org.nz**

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Te Whatu Ora
Health New Zealand
Waitematā