



# Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

FORMERLY KNOWN AS

MA PANGO MA WHERO KA TUITUI TATOŪ

## Raeburn House

CONNECTING PEOPLE - BUILDING COMMUNITIES

## OVERCOMING ANXIETY GROUP

Explore the causes of anxiety and learn how to recognise its patterns, what keeps it going and how to change unhelpful thought processes. Learn relaxing and calming techniques to lift your wellbeing. CBT, Mindfulness and Narrative approaches. CBT and Mindfulness are included, as well as Narrative therapy approaches which will focus on re-authoring your life story from a healthier perspective, thereby increasing self esteem and well being.

### LIMITED PLACES

Enrolment and pre-payment is essential.



**DATE** Every Monday, 6th November to 11th December

**TIME** 6:30am - 8pm (6 sessions)

**VENUE** Norman King Community Hub, 65 Pearn Crescent, Northcote

**COST** \$95

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

(which is valid for 1 year, and up to 2 groups per term).

# FREE

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### ABOUT SONIA LOPEZ

*(BECE, Post Graduate Diploma Counselling, MNZAC - Provisional)*

Sonia is a qualified Narrative and Collaborative Therapist (Post Grad Dip Counselling) and is experienced in working with anxiety, depression, trauma, low self-esteem, and relationship issues.

Sonia has a keen interest in group processes and the healing that participation, and interpersonal learning can bring to the client.



For more information and registration, please contact Hearts & Minds

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