



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

(Formerly known as Raeburn House)

MANAGING YOUR EMOTIONS & FINDING BALANCE GROUP

Emotions are normal and everyone experiences them. Sometimes, particularly if someone has had a distressing experience in the past, certain triggers bring on a more intense reaction/s than what is helpful for their day to day well being. This may, for example, look like anger, sadness, anxiety, depression or low self esteem.

In this group Emotion Regulation tools and techniques can support a more effective way to manage and change the way individuals feel and cope with situations. As feelings, thoughts and behaviours are so closely linked, changing one part of this cycle can make a real difference. Tools and techniques will be drawn from Dialectal Behavioural Therapy (DBT), Acceptance Commitment Therapy (ACT), Cognitive Behavioural Therapy (CBT) and Mindfulness. Please note that all of our groups are for mild to moderate mental health concerns and so please consult with your referring GP or health professional on the suitability of this group for you. You are also welcome to phone us at Hearts and Minds to answer any queries.

- DATE** Every Wednesday, 7th March to 11th April
- TIME** 7:00pm - 9:00pm (6 sessions)
- VENUE** Youthline - 232 Dairy Flat Highway, Albany
- COST** \$100

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 JULIE WALKER

*BHSC Hons 1st Class - Psych, Post Grad Dip
Counselling, MNZCCA*

I am a qualified Counsellor and I hold a BHS in Psychology (First Class Hons), and a Post Grad Dip in Narrative Therapy. My key areas of therapeutic interest lie with those experiencing anxiety, stress, depression, or loss, and I have a particular interest in the helpfulness of group work for these concerns.

The modalities I use for therapy are varied, and include CBT, narrative therapy, person-centred therapy, mindfulness, DBT and ACT.



**For more information and registration, please contact
Hearts & Minds**

PHONE 09 441 8989

E-MAIL learning@heartsandminds.org.nz

WEB www.heartsandminds.org.nz