

Ongoing Wellbeing Support Group at the Hearts & Minds Community Hub



Julie Walker

Open Group is all about connection and friendship, with a view to building resilience. We meet fortnightly, and discuss how life is going, offering ideas, stories and tips to make a positive difference and build on the knowledge gained from previous groupwork.

Mobile: 021 1606882

Email: julie@heartsandminds.org.nz

As a counsellor and group facilitator, I contribute some material from a therapeutic perspective, however the conversations are fluid, and topics are more informed by the needs and interests of the group on the night.



You will be very welcome however often you choose to come along.

There is no criteria or expectation of regular attendance.

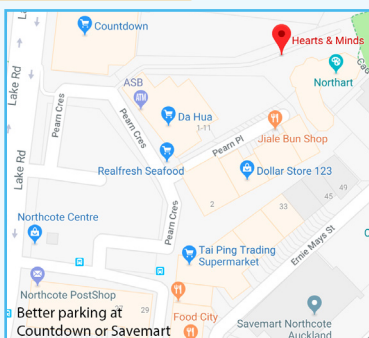
2nd & 4th Tuesday each month

6:30pm - 8:00pm

and/or every Thursday 10:30am - Noon

**\$5 Donation
Appreciated**

Enjoy a hot drink with other group attendees



**Better parking at
Countdown or Savemart**

65 Pearn Crescent, Northcote



Enter through Countdown carpark and take the small road to the right of the supermarket. Park right outside the Hearts & Minds Hub.