



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

(Formerly known as Raeburn House)

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. There will be a 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, 12th February to 26th March
- TIME** 6:30pm - 8:30pm (7 sessions)
- VENUE** Hearts & Minds Hub, 65 Pearn Crescent, Northcote
- 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 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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