



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

(Formerly known as Raeburn House)

MINDFULNESS, SELF COMPASSION AND ACT (ACCEPTANCE COMMITMENT THERAPY)

Practicing Mindfulness is a way of reducing stress and developing a greater balance in life. Learn breathing and body scan relaxation techniques as well as thinking styles which focus more on the present. Participants will learn Mindfulness and ACT techniques to deal with difficult emotions and challenging relationships. ACT approaches focus on accepting what is out of your control and learning to minimise the negative impact of negative thoughts, while at the same time strengthening that which motivates you to have a better life. The focus will be on how to motivate oneself with kindness and self-compassion rather than self-criticism.

Self-compassion is a powerful practice of turning towards difficult feelings with a spirit of openness, acceptance and curiosity, and then responding with kindness, empathy and understanding.

The rewards of learning self-compassion include; the capacity to handle difficult situations and emotions with greater ease,

LIMITED PLACES

Early enrolment is essential.

DATE Every Thursday, 14th February to 4th April

TIME 10:30am - 12:30pm (8 sessions)

VENUE Hearts & Minds Hub,
65 Pearn Crescent, Northcote

COST \$105

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 KATHARINA KERCHER

*(BSocSc, BHSc OT, Post Grad Dip Supervision,
NZROT, MACBS)*

I am a registered Occupational Therapist and well experienced working in public mental health as well as the private sector. My personal practice of Mindfulness spans over 10 years and includes 5rhythms dance, photography and crafting. I believe that kindness and compassion are the most transformative approaches we can offer the world today. Mindful Self Compassion is a powerful practice and I am excited to share these skills in a caring and supportive group.



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

PHONE 09 441 8989

E-MAIL learning@heartsandminds.org.nz

WEB www.heartsandminds.org.nz