



# Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

(Formerly known as Raeburn House)

## MOVING PAST DEPRESSION & ANXIETY GROUP

This group will provide a safe and confidential place to talk and develop coping skills and a toolbox to build resilience. Includes CBT (Cognitive Behavioural Therapy) complimented by Mindfulness skills.

Participants will also learn how to resolve conflict in a more helpful way using the psychological techniques of the Karpman Triangle model. Nicola will discuss how one can disagree but in a constructive rather than destructive manner.

### LIMITED PLACES

Early enrolment is essential.

**DATE** Every Wednesday, 13th February to 3rd April

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

**VENUE** HBC Youth Centre, 214D Hibiscus Coast Highway, Orewa

**COST** \$105



### ABOUT NICOLA DUNCAN

*(B.A. Hons, Post Grad Dip CBT, MNZAC)*

Nicola is a registered counsellor and has considerable experience in relationship and family counselling, loss, conflict, depression and anxiety. While she employs a number of modalities in her counselling practice, Nicola finds CBT in a group setting to be particularly helpful for those experiencing depression, anxiety or low self-esteem.

**FREE**

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

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*(Valid for 1 year for up to 2 groups per term).*

For more information and registration, please contact  
Hearts & Minds

**PHONE** 09 441 8989

**E-MAIL** [learning@heartsandminds.org.nz](mailto:learning@heartsandminds.org.nz)

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