

## \* MANAGING EMOTIONS - A FOCUS ON ANXIETY & DEPRESSION

Through learning skills drawn from \*CBT, \*ACT, and Mindfulness, this group targets the negative affects of depression and anxiety and find more helpful ways to deal with challenging emotions. See flyer for more details.

Cost \$100 (FREE with referral)

**DATE** Every Tuesday 5/2 to 19/3

**TIME** 6:30pm - 8:30pm (7 sessions)

**VENUE** Hearts & Minds Hub, Northcote



**With Julie Walker**

BHSc 1st Class Hons, Post Grad Dip Counselling, MNZCCA

Supported by Karen Barnett

Dip Counselling, SM NZCCA

## \* MOVING PAST DEPRESSION & ANXIETY

This group will provide a safe and confidential place to talk and develop coping skills and a toolbox to build resilience. Includes \*CBT 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.

Cost \$95 (FREE with referral)

**DATE** Every Thursday 7/3 to 11/4

**TIME** 6:30pm - 8:30pm (6 sessions)

**VENUE** Hearts & Minds Hub, Northcote



**With Nicola Duncan** BA Hons, Post Grad Dip CBT, MNZAC

**\* Participants must be 18 years or over and either live in the WDHB catchment area or access health services in the area.**

## WELLBEING

*"When people have the psychological, social, spiritual, and physical resources to meet life's challenges, and thrive."*

Hearts & Minds, March 2018



Groups are **\*FREE** with a Doctor or Health Professional referral (valid 1 year for up to 2 groups per term)

## ONGOING WELLBEING SUPPORT GROUP

Open Group is all about connection and friendship, with a view to building resilience. We meet weekly, 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.

You will be very welcome however often you choose to come along. There is no criteria or expectation of regular attendance .



\$5 donation appreciated for each group

**DAY GROUP:** Every Thursday 11:00am to 12:15pm  
(NB: the evening group will not be running this term)

**VENUE:** Hearts & Minds Hub, Northcote

**With Julie Walker**

BHSc 1st Class Hons, Post Grad Dip Counselling, MNZCCA

## GLOSSARY

\*ACT - Acceptance Commitment Therapy

\*CBT - Cognitive Behaviour Therapy

\*DBT - Dialectal Behaviour Therapy

## GLOBAL FOOD AND FRIENDS

**EVERYONE WELCOME! FREE**

This friendship group welcomes newcomers, migrants and Kiwis.

- Learn about Kiwi culture and make new friends
- Find out how local services can help you to settle in NZ
- Try foods from around the world and bring a small plate of finger food to share
- Wide range of speakers and activities

No referral necessary. Just come along!

**DATE** Wednesdays (fortnightly)

**TIME** 10:30am to 12:30pm

**VENUE** Hearts & Minds Hub, Northcote

**EMAIL** info@heartsandminds.org.nz



(09) 441 8989 ✉ learning@heartsandminds.org.nz

Fax: (09) 441 8988

Hearts & Minds Hub - 65 Pearn Crescent,  
Northcote 0627 PO Box 36 336, Northcote, Auckland 0748

# WELLBEING SUPPORT GROUPS TERM 1

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

Groups in Rodney,  
Waitakere and North Shore  
**February to April 2019**



## Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

(formerly known as Raeburn House)

www.heartsandminds.org.nz

## WAITAKERE

### \* MINDFULNESS, SELF-COMPASSION & ACT (ACCEPTANCE COMMITMENT THERAPY)

Mindfulness is a way of reducing stress and developing a greater balance in life. Participants will learn Mindfulness and \*ACT techniques to deal with difficult emotions and challenging relationships. The focus will be on how to motivate oneself with kindness and self-compassion rather than self-criticism.

Cost \$105 (FREE with referral)

**DATE** Every Wednesday 20/2 to 10/4

**TIME** 7:00pm - 9:00pm (8 sessions)

**VENUE** Walsh Trust, **Henderson**

With **Sonia Lopez**

*BECE, Post Grad Dip Counselling, MNZAC Provisional*



### \* MANAGING EMOTIONS & FINDING BALANCE

This group focuses on building both the practical and internal resources of participants, enabling better management of emotions. A toolbox drawing from \*ACT, DBT, CBT and Mindfulness approaches will be included to equip you for a calmer day-to-day life. See website for more details.

Cost \$105 (FREE with referral)

**DATE** Every Monday 18/2 to 8/4

**TIME** 6:30pm - 8:30pm (8 sessions)

**VENUE** Walsh Trust, **Henderson**

With **Amy McDonald** *BA, Post Grad Dip Counselling, MNZAC*



### \* ART THERAPY (2 GROUPS)

Art Therapy is a form of expressive therapy that allows the individual to explore self-expression of their thoughts and feelings through a creative process. It provides a safe, and comfortable environment for raising unconscious issues with a focus on sensation, practical experience and awareness to help improve mental and emotional wellbeing. No art experience is needed.

See website for more details.

Cost \$105 (FREE with referral)

#### GROUP 1

**DATE** Every Thursday 14/2 to 4/4

**TIME** 6:30pm - 8:30pm (8 sessions)

With **Sally Legg** *AThR, MAAT Clinical, ANZACATA*

#### GROUP 2

**DATE** Every Tuesday 5/3 to 9/4

**TIME** 10:30am - 12:30pm (6 sessions)

With **Wendy Lawson** *BFA(Hons), MAAT(Clinical)(Hons), AThR, ANZACATA*

**VENUE (GROUP 1 & 2)** Corbans Estate, **Henderson**



Groups are **\*FREE with a Doctor or Health Professional referral (valid for 1 year for up to 2 groups per term)**

### CONFIDENCE, WELLBEING & EMPLOYMENT

This course is designed to strengthen personal wellbeing and increase participant's employment prospects through the knowledge gained from a varied 'toolbox' of skills. These include - identifying personality type, learning \*CBT skills to combat anxiety, writing an Action Plan, and discovering how the Five Ways of Wellbeing can enhance your wellbeing.

(FREE - Referral required).

**DATE** Every Tuesday 5/3 to 26/3

**TIME** 10:30am - 12:30pm (4 sessions)

**VENUE** WEST, **Henderson**

With **Karen Venter** *MA Clin.Psych, MSocSci Psych, HED, MNZAP*



## RODNEY

### \* MOVING PAST DEPRESSION & ANXIETY

This group will provide a safe and confidential place to talk and develop coping skills and a toolbox to build resilience. Includes \*CBT 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.

Cost \$105 (FREE with referral)

**DATE** Every Wednesday 13/2 to 3/4

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

**VENUE** HBC Youth Centre, **Orewa**

With **Nicola Duncan** *BA Hons, Post Grad Dip CBT, MNZAC*



### \* MANAGING EMOTIONS - A FOCUS ON ANXIETY & DEPRESSION

Through learning skills drawn from \*CBT, \*ACT, and Mindfulness, this group targets the negative affects of depression and anxiety and find more helpful ways to deal with challenging emotions. See flyer for more details.

Cost \$100 (FREE with referral)

**DATE** Every Monday 25/2 to 8/4

**TIME** 6:45pm - 8:45pm (7 sessions)

**VENUE** HBC Youth Centre, **Orewa**

With **Julie Walker**

*BHSc 1st Class Hons, Post Grad Dip Counselling, MNZCCA*

Supported by **Karen Barnett**

*Dip Counselling, SM NZCCA*



## NORTH SHORE

### \* ART THERAPY

Art Therapy is a mental health approach in which a person uses art materials, and the process or art making to explore feelings, thoughts and memories, reconcile emotional conflicts, reduce anxiety, and increase self esteem and self awareness. There is no need for art skills, since the emphasis is on the creative process and the meaning that a person is making of it, rather than on the final product. Images and symbols can help us to understand ourselves and improve well being through self expression.

See website for more details.

Cost \$105 (FREE with referral)

**DATE** Every Tuesday 19/2 to 9/4

**TIME** 12:45pm - 2:45pm (8 sessions)

**VENUE** Hearts & Minds Hub, **Northcote**

With **Angie Richardson** *ATTCL, Dip Tchng, BEd, MAAT, AThR*



### \* MINDFULNESS, SELF-COMPASSION AND ACT (ACCEPTANCE COMMITMENT THERAPY)

Practicing Mindfulness is a way of reducing stress and developing a greater balance in life. Participants will learn Mindfulness and \*ACT techniques to deal with difficult emotions and challenging relationships. The focus will be on how to motivate oneself with kindness and self-compassion rather than self-criticism.

See website for more details.

Cost \$105 (FREE with referral)

**DATE** Every Thursday 14/2 to 4/4

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

**VENUE** Hearts & Minds Hub, **Northcote**

With **Katharina Kercher**

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



### \* POSITIVE PSYCHOLOGY, PERSONALITY & SELF-ESTEEM

This group will focus on lifting self-esteem and finding a more contented and happier way of being through learning about one's personality type, Positive Psychology approaches and Mindfulness skills. Learn about 'What makes us happy?' and 'What can be done to enhance happiness?' Identify your personal strengths and values and develop your self-awareness a step further.

Cost \$105 (FREE with referral).

**DATE** Every Monday 18/2 to 8/4

**TIME** 12:30pm - 2:30pm (8 sessions)

**VENUE** Sunnynook Community Centre, **Sunnynook**

With **Karen Venter** *MA Clin.Psych, MSocSci Psych, HED, MNZAP*

