



# Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

## MANAGING EMOTIONS: A FOCUS ON ANXIETY & DEPRESSION (CBT & MINDFULNESS)

Through learning skills drawn from Cognitive Behaviour Therapy (CBT) and Mindfulness, this group aims to target the negative affects of depression and anxiety and find more helpful ways to deal with challenging emotions.

Cognitive Behaviour Therapy skills will focus on replacing the intrusive thoughts that can make life difficult, with more helpful ways of thinking. Mindfulness approaches will teach you breathing, body scan and relaxation techniques as well as thinking styles which focus more on the present.

### LIMITED PLACES

Early enrolment is essential.

- DATE** Every Wednesday, 1st May to 19th June
- TIME** 6:30pm - 8:30pm (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).



**FREE**

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

### ABOUT MIKE DAWSON

*(MSW (Prof)m BHumServ, NZRSW)*

I hold a Bachelor of Human Sciences and am a strengths-based Social Worker with a strong focus on mental health and wellbeing. My values are grounded in equality and the recognition of all humanity.

Empathy, engagement, and resource building are all facets of my approach in supporting individuals through difficult seasons of their lives. I apply Cognitive Behaviour Therapy (CBT), Mindfulness, and Client Centred Therapy in my work. I have a particular interest in grief, loss and life transitions.



**To register contact  
Hearts & Minds**

**PHONE** 09 441 8989

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

**WEB** [www.heartsandminds.org.nz](http://www.heartsandminds.org.nz)