

NORTH SHORE

* SELF-ESTEEM (POSITIVE PSYCHOLOGY)

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.

See website for more details.
Cost \$105 (FREE with referral).

DATE Every Monday 6/5 to 1/7
TIME 12:30pm - 2:30pm (8 sessions)
***no session on 3/6**



VENUE Sunnynook Community Centre, Sunnynook
With Karen Venter MA Clin.Psych, MSocSci Psych, HED, MNZAP

* FOR MANDARIN SPEAKERS (MANAGING STRESS & DISTRESS)

This group will aim to build both the practical and internal resources of group members, enabling the better management of stress and distress. See website for more details.

Cost \$95 (FREE with referral)

这个课程的目的是构建实践技巧和自省机制，让参与者能够更好的管理压力和释放烦恼。更多信息，请访问我们的网站。
费用: \$95 (对有医生或健康专业机构推荐信的人免费)

DATE Every Tuesday 14/5 to 18/6
TIME 7:00pm - 9:00pm (6 sessions)
VENUE Hearts & Minds Hub, Northcote
With Julia Zhu MA Counselling, MNZAP

上课日期 5月14日至6月18日的每周二
时间 晚上7点到9点(共6次课)
上课地点 Hearts & Minds Hub, Northcote
授课人 茱莉亚·朱 MA Counselling, MNZAP

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

GLOBAL FOOD AND FRIENDS EVERYONE WELCOME!

- 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
- Cost **FREE**

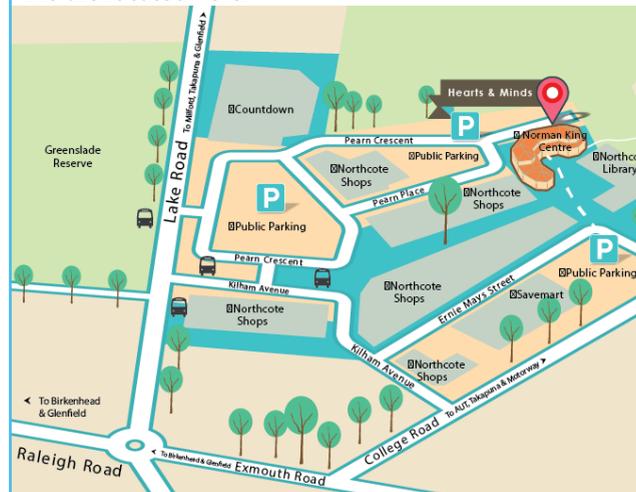
DATE Wednesdays (fortnightly)
TIME 10:30am to 12:30pm
VENUE Hearts & Minds Hub, Northcote
EMAIL info@heartsandminds.org.nz

No referral necessary. Just come along!



☎ (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

We are located here:



WELLBEING & RESILIENCE GROUPS TERM 2

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

Groups in Rodney, Waitakere
and North Shore
May to July 2019

WAITAKERE

* MANAGING EMOTIONS & FINDING BALANCE (ACT, DBT, CBT & MINDFULNESS)

This group focuses on building both the practical and internal resources of participants, enabling better management of emotions. A toolbox drawing from Acceptance Commitment Therapy (ACT), Dialectical Behaviour Therapy (DBT), Cognitive Behaviour Therapy (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 6/5 to 1/7
TIME 6:30pm - 8:30pm (8 sessions)
**no session 3/6*

VENUE Walsh Trust, **Henderson**
With Amy McDonald BA, Post Grad Dip Counselling, MNZAC



* ART THERAPY (A CREATIVE FOCUS ON MENTAL WELLBEING)

Art Therapy is a form of expressive therapy in which a person uses art materials and the process of 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. See website for more details.

Cost \$105 (FREE with referral)

DATE Every Monday 6/5 to 1/7
TIME 6:30pm - 8:30pm (8 sessions)
**no session 3/6*

VENUE Kumeu Arts Centre, **Kumeu**
With Sally Legg AThR, MAAT Clinical, ANZACATA



* DEPRESSION & ANXIETY (A CBT & MINDFULNESS APPROACH)

Learn skills to manage Depression and Anxiety. This group will provide a safe and confidential place to talk and develop coping skills, drawing on a toolbox of therapeutic approaches to build resilience. Includes Cognitive Behaviour Therapy (CBT), complimented by Mindfulness skills.

See website for more details.

Cost \$100 (FREE with referral).

DATE Every Wednesday 1/5 to 12/6
TIME 10:30am - 12:30pm (7 sessions)
VENUE Manutewhau Community House,
West Harbour (Hobsonville Road & Royal
Heights off ramps)

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



RODNEY

* DEPRESSION & ANXIETY (CBT & ACT APPROACH APPLIED)

Learn skills to manage Depression and Anxiety. This group will provide a safe and confidential place to talk and develop coping skills, drawing on a toolbox of therapeutic approaches to build resilience. Includes Cognitive Behaviour Therapy (CBT) complimented by Mindfulness skills. Participants will also learn how to resolve conflict in a more helpful way. See website for more details.

Cost \$100 (FREE with referral)

DATE Every Wednesday 1/5 to 12/6
TIME 10:30am - 12:30pm (7 sessions)
VENUE HBC Youth Centre, **Orewa**

With Helen Huston
BCounselling, Dips.Couns. Cert.Psych & Couns, MNZCCA



* MANAGING ANXIETY (SELFCARE & CBT)

This group will assist participants in managing and understanding their feelings of anxiety. Self-care and attention to energy levels are important if you are experiencing anxiety and stress. Tools including Cognitive Behaviour Therapy (CBT) and Mindfulness are provided to support participants in navigating their way through challenging times. See website for more details.

Cost \$95 (FREE with referral).

DATE Every Tuesday 28/5 to 2/7
TIME 6:45pm - 8:45pm (6 sessions)
VENUE HBC Youth Centre, **Orewa**

With Karen Griffiths BSW



WELLBEING

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

Hearts & Minds

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

NORTH SHORE

* ART THERAPY (A CREATIVE FOCUS ON MENTAL WELLBEING)

Art Therapy is a mental health approach in which a person uses art materials and the process of 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. See website for more details.

Cost \$105 (FREE with referral)

DATE Every Tuesday 30/4 to 18/6
TIME 10:30am - 12:30pm (8 sessions)
VENUE Hearts & Minds Hub, **Northcote**
With Wendy Lawson BFA, MAAT Hons(clinical), AThR, ANZACATA



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

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

See website for more details.

Cost \$105 (FREE with referral)

DATE Every Wednesday 1/5 to 19/6
TIME 6:30pm - 8:30pm (8 sessions)
VENUE Hearts & Minds Hub, **Northcote**
With Mike Dawson MSW (Prof) BHumServ, NZRSW



* DEPRESSION & ANXIETY (CBT, MINDFULNESS & CONFLICT RESOLUTION)

Learn skills to manage Depression and Anxiety. This group will provide a safe and confidential place to talk and develop coping skills, drawing on a toolbox of therapeutic approaches to build resilience. Includes Cognitive Behaviour Therapy (CBT) complimented by Mindfulness skills. Participants will also learn how to resolve conflict in a more helpful way using resolution skills and techniques. See website for more details.

Cost \$100 (FREE with referral)

DATE Every Thursday 2/5 to 13/6
TIME 7:00pm - 9:00pm (7sessions)
VENUE Hearts & Minds Hub, **Northcote**
With Nicola Duncan BA Hons, Post Grad Dip CBT, MNZAC

