



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

MANAGING ANXIETY

In this group you will broaden your understanding of what causes feelings of anxiety, and what you can do to manage these better. Although anxiety is a feeling and sits within the realm of emotions, it is closely linked to our thoughts and behaviour. Because of this, changing just one part of this can make a real difference.

Our experienced facilitator Karen Griffiths will present you with specific tools and skills to help you manage bouts of anxiety. Drawing from various therapeutic approaches, such as CBT (Cognitive Behaviour Therapy) and Mindfulness, you will learn of new ways to counteract distress and by doing so increase your overall emotional wellbeing and resilience. The practice of Mindfulness skills during group time will also help you be at ease. By sharing your own and listening to others' feedback in the group, you may find your confidence increasing. One other focus of the group is to create a space where new connections can be formed with like-minded people.

LIMITED PLACES

Early enrolment is essential.

- DATE** Every Tuesday, 6th August to 24th September
- TIME** 6:45pm - 8:45pm (8 sessions)
- VENUE** HBC Youth Centre,
214D Hibiscus Coast Highway,
Orewa
- COST** \$105

FREE WITH A DOCTOR OR HEALTH PROFESSIONAL'S REFERRAL

(Valid for 1 year for 1 group per term).



ABOUT KAREN GRIFFITHS

(BSW, RSW (SWRB597))

Karen is a registered Social Worker, graduating with a BSW in 1998. She has worked in numerous areas of social work: Adoptions, Home For Life, Foster care training, Care and Protection and Youth Services.

She has her own Life Coaching Business called Tapping Into Life based in Dairy Flat and Rosedale. She has a particular interest in loss and lifestyle change and 'Tapping into' your passions.

She has three children and is an active member of Toastmasters International.

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To register contact
Hearts & Minds

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