



# Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

## MANAGING DEPRESSION AND ANXIETY

This group is designed to help you with finding ways to manage difficult emotions, such as depression and anxiety. Similar to other groups offered, the focus is on managing distressing states of mind by learning practical distressing skills, but with an added emphasis on how to resolve relationship conflicts.

Our experienced and well-qualified facilitator Nicola Duncan, will draw from proven therapeutic approaches such as CBT (Cognitive Behaviour Therapy), Sensory Modulation and Mindfulness, Nicola will present various techniques to calm mind and emotions. You will have the opportunity to discuss and practice some of these new strategies before integrating these into your daily life. The group environment offers a safe and confidential space where you are supported and can forge new connections with like-minded people.

### LIMITED PLACES

Early enrolment is essential.

- DATE** Every Thursday, 8th August to 26th September
- TIME** 7:00pm - 9:00pm (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 1 group per term).



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### 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.



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)