



# Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

## MANAGING STRESS AND DISTRESS

This group is designed to help you with finding ways to manage difficult emotions, such as depression and anxiety. The focus is on understanding and managing distressing states of mind, and learning skills to manage better during these times, but with a stronger emphasis on practical de-stressing skills.

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 your 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 Wednesday, 7th August to 25th September

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

**VENUE** Manutewhau Community House  
74B Oreil Ave, West Harbour,  
Auckland 0618

(Hobsonville Road & Royal Heights off ramp)

**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)