

NORTH SHORE

Group 10

* MANAGING DEPRESSION & ANXIETY

This group offers a safe space to manage depressive and anxious states of mind. By drawing from established therapeutic skills, such as **CBT**, **Sensory Modulation**, and **Conflict Resolution**, you will be introduced to healthy ways of managing internal distress and relationship conflicts.

Cost \$105 (**FREE** with referral)

DATE Every Thursday 8/8 to 26/9

TIME 7:00pm - 9:00pm (8 sessions)

VENUE Hearts & Minds Hub, **Northcote**

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



Group 11

* FOR MANDARIN SPEAKERS: MANAGING STRESS & DISTRESS

This group provides a safe and confidential environment to learn what causes stress. You will be introduced to skills and strategies designed to help you relax and deal with difficult situations at work and at home. See website for more details.

Cost \$105 (**FREE** with referral)

DATE Every Tuesday 6/8 to 24/9

TIME 7:00pm - 9:00pm (8 sessions)

VENUE Hearts & Minds Hub, **Northcote**

With **Julia Zhu** MA Counselling, MNZAC



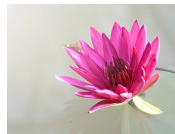
这个课程为您营造一个安全、保密的学习氛围，为您解析压力产生的原因。您将学到实用的策略和技巧来帮助您放松心情和应对在日常工作中遇到的各种困难。请访问我们的网站了解更多详情。
费用: \$105 (对有医生或健康专业机构推荐信的人免费)

上课日期 8月6日至9月24日的每周二

时间 晚上7点到9点 (共8次课)

上课地点 Hearts & Minds Hub, **Northcote**

授课人 **茱莉亚·朱** MA Counselling, MNZAC



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



Waitemata
District Health Board

Best Care for Everyone

Group 12

* TAMING EMOTIONS

In this group you will find a safe place to look at difficult feelings and discover ways to manage these better. You will be introduced to proven approaches from **CBT** (Cognitive Behavioural Therapy), **Positive Psychology** and **Mindfulness**, which you can use in your daily life.

Cost \$105 (**FREE** with referral)

DATE Every Wednesday 7/8 to 25/9

TIME 7:00pm - 9:00pm (8 sessions)

VENUE Hearts & Minds Hub, **Northcote**

With **Ana Sharpe** BA DipSocSci (Psychology), MCouns, MNZAC



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!



WELLBEING & RESILIENCE GROUPS TERM 3

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

Groups in Rodney, Waitakere
and North Shore

August to September 2019



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

www.heartsandminds.org.nz

WAITAKERE

Group 1 * MANAGING EMOTIONS & FINDING BALANCE

This group focuses on introducing new ways of understanding distressing thoughts and emotions, and how to regain a sense of wellbeing. Drawing from recognised approaches such as **ACT** (Acceptance & Commitment Therapy), **CBT** (Cognitive Behavioural Therapy) and **Mindfulness**, you will be presented with strategies and techniques to apply in daily life.

Cost \$105 (FREE with referral)

DATE Every Monday 5/8 to 23/9
TIME 6:30pm - 8:30pm (8 sessions)
VENUE Walsh Trust, **Henderson**
With **Amy McDonald** BA, Post Grad Dip Counselling, MNZAC



Group 2 * ART THERAPY

Art Therapy is a gentle way of tapping into and communicating feelings. Where words may fail, the creative act can bring about new insights and in turn, improve self-awareness and confidence. In this group you will also further your understanding of how the creative process can help you in connecting with others.

Cost \$105 (FREE with referral)

DATE Every Thursday 8/8 to 26/9
TIME 6:30pm - 8:30pm (8 sessions)
VENUE Corbans Estate, **Henderson**
With **Sally Legg** AthR, MAAT Clinical, ANZACATA



Group 3 * MANAGING STRESS & DISTRESS

This group offers a safe space to manage depressive and anxious states of mind. By drawing from established therapeutic skills, such as **CBT**, **Sensory Modulation** and **Mindfulness**, you will connect with others and be introduced to healthy ways of managing internal distress.

Cost \$105 (FREE with referral)

DATE Every Wednesday 7/8 to 25/9
TIME 10:30am - 12:30pm (8 sessions)
VENUE Manutewhau Community House,
West Harbour (Hobsonville Road & Royal
Heights off ramps)

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



RODNEY

Group 4 * MANAGING ANXIETY

This group will focus on better understanding and managing feelings of anxiety. Drawn from **CBT** (Cognitive Behaviour Therapy) and **Mindfulness**, the group will be introduced to a variety of self-care techniques that can be utilised when faced with challenging thoughts and situations.

Cost \$105 (FREE with referral)

DATE Every Tuesday 6/8 to 24/9
TIME 6:45pm - 8:45pm (8 sessions)
VENUE HBC Youth Centre, **Orewa**
With **Karen Griffiths** BSW, RSW (SWRB597)



Group 5 * CALMING THE ANXIOUS MIND

This group focuses on finding ways to manage anxious thoughts and feelings. Within the security of the group, you will be introduced to practical skills drawn from **CBT** and **Mindfulness** techniques to soothe your mind and stay connected.

Cost \$105 (FREE with referral)

DATE Every Thursday 8/8 to 26/9
TIME 12:30pm - 2:30pm (8 sessions)
VENUE HBC Youth Centre, **Orewa**
With **Crystal Curran** MAAT Hons (Clinical), AthR, ANZACATA,
PG Dip Distinction (Counselling), MNZAC



Group 6 * MOVING PAST DEPRESSION

This group will address depressive states of mind and how we can better respond to these. Within the security of the group, you will learn practical skills drawn from **CBT** and **Emotional Regulation** to stay connected with others despite feeling low.

Cost \$105 (FREE with referral)

DATE Every Thursday 8/8 to 26/9
TIME 6:00pm - 8:00pm (8 sessions)
VENUE HBC Youth Centre, **Orewa**
With **Crystal Curran** MAAT Hons (Clinical), AthR, ANZACATA,
PG Dip Distinction (Counselling), MNZAC



Groups are *FREE with a Doctor or Health Professional referral (valid for 1 year)

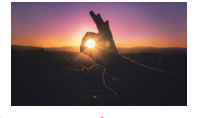
NORTH SHORE

Group 7 * STRENGTHENING SELF-ESTEEM

This group focuses on encouraging a more positive and resilient self-esteem. By introducing new approaches such as **Positive Psychology**, **Mindfulness**, and **Personality Types**, you will be able to find out what values are personally important. You will also be empowered to better care for yourself and connect with others with new and do-able skills.

Cost \$105 (FREE with referral)

DATE Every Monday 5/8 to 23/9
TIME 12:30pm - 2:30pm (8 sessions)
VENUE Sunnynook Community Centre, **Sunnynook**
With **Karen Venter** MA Clinical Psych, MSocSci Psych,
HED (Higher Education Diploma, PgDid)



Group 8 * ART THERAPY

Art Therapy is a gentle way of tapping into and communicating feelings. Where words may fail, the creative act can bring about new insights and in turn, improve self-awareness and confidence. In this group you will also further your understanding of how the art process can help you connect with others.

Cost \$105 (FREE with referral)

DATE Every Tuesday 6/8 to 24/9
TIME 12:30pm - 2:30pm (7 sessions)
***no session on 10/9**
VENUE Hearts & Minds Hub, **Northcote**
With **Wendy Lawson** BFA, MAAT Hons(clinical), AthR, ANZACATA



Group 9 * MANAGING DISTRESSING EMOTIONS

This group focuses on finding ways to manage difficult emotions, such as depression and anxiety. Within the security of the group, you will learn of new coping skills drawn from **CBT** and **Mindfulness**. The aim of this group is to help you empower yourself and connect with others.

Cost \$105 (FREE with referral)

DATE Every Wednesday 7/8 to 25/9
TIME 6:00pm - 8:00pm (8 sessions)
VENUE Hearts & Minds Hub, **Northcote**
With **Crystal Curran** MAAT Hons (Clinical), AthR, ANZACATA,
PG Dip Distinction (Counselling), MNZAC

