

NORTH SHORE

MANAGING STRESS WITH MINDFULNESS & MINDFUL SELF COMPASSION

Group 9

Mindfulness is a proven way of reducing stress and improving wellbeing. You will also be introduced to Acceptance and Commitment Therapy tools*, which will support you to accept what is out of your personal control and commit to actions that will improve your life.

Cost \$105 (FREE with referral)

DATE Thursday 13/2 to 2/4

TIME 6:30pm - 8:30pm (8 sessions)

VENUE Hearts & Minds Hub, Northcote

WITH **Sonia Lopez** BECE, Post Grad Dip Counselling, MNZAC

* Mindfulness, Mindful Self Compassion, ACT



ART THERAPY Group 10

Art Therapy is a gentle way of tapping into and expressing 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 yourself and others.

Cost \$105 (FREE with referral)

DATE Thursday 20/2 to 9/4

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

VENUE Hearts & Minds Hub, Northcote

WITH **Wendy Lawson** BFA, MAAT Hons(clinical), AThR,
ANZACATA



MANAGING EMOTIONS & STRENGTHENING SELF ESTEEM (FOR YOUNG ADULTS AGED 18-25)

Group 11

This group is specifically for participants aged 18-25years, aims to encourage a more positive and resilient sense of self. You will be introduced to approaches such as Positive Psychology, Mindfulness, Personality Types and learn strategies that will help you identify your personal values and be empowered to better care for yourself and relate to others.

Cost \$105 (FREE with referral)

DATE Every Thursday 13/2 to 2/4

TIME 6:30pm - 8:30pm (8 sessions)

VENUE Hearts & Minds Hub, Northcote

WITH **Karen Venter** MA Clinical Psych, MSocSci Psych, HED
(Higher Education Diploma, PgDId)



JOIN A COMMUNITY GROUP

GLOBAL FOOD AND FRIENDS EVERYONE WELCOME!

All 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!



Hearts & Minds Hub

☎ (09) 441 8989

✉ learning@heartsandminds.org.nz

Fax: (09) 441 8988

WELLBEING

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

Hearts & Minds
March 2018



Waitematā
District Health Board

Best Care for Everyone



Scan to visit our website

WELLBEING & RESILIENCE GROUPS TERM 1

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

Groups in Orewa, Waitakere
and North Shore

February to April 2020



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

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

www.heartsandminds.org.nz

WAITAKERE

OUR GROUPS

Our Wellbeing & Resilience Groups are educational in format, allow participants to decide how much or how little they wish to share and strengthen their own resilience in a supportive group environment.

Our facilitators are all experienced, registered health professionals who utilise recognised approaches including Mindfulness, CBT (Cognitive Behaviour Therapy), ACT (Acceptance and Commitment Therapy), DBT (Dialectical Behaviour Therapy) and Art Therapy. Specific approaches used in each group are noted.

OREWA

MANAGING ANXIETY & DEPRESSION Group 1

This group offers a safe space to manage depressive and anxious states of mind. By drawing from established therapeutic approaches*, you will be introduced to healthy ways of managing internal distress, relationship conflict and connecting with others. Cost \$105 (FREE with referral)

DATE Thursday 13/2 to 2/4
TIME 6:30pm - 8:30pm (8 sessions)
VENUE Hibiscus Coast Community House, Orewa
WITH **Nicola Duncan** BA Hons, Post Grad Dip CBT, MNZAC
* CBT, ACT, Mindfulness



ART THERAPY Group 2

Art Therapy is a gentle way of tapping into and expressing 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 yourself and others. Cost \$105 (FREE with referral)

DATE Every Monday 17/2 to 6/4
TIME 12:30pm - 2:30pm (8 sessions)
VENUE Hibiscus Coast Community House, Orewa
WITH **Wendy Lawson** BFA, MAAT Hons(clinical), AThR, ANZACATA



MANAGING EMOTIONS & FINDING BALANCE Group 3

This group focuses on introducing new ways of understanding distressing thoughts and emotions, and how to regain a sense of wellbeing. You will be presented with proven strategies* and techniques to apply in daily life. Cost \$100 (FREE with referral)

DATE Every Monday 10/2 to 30/3
TIME 6:30pm - 8:30pm (7 sessions)
* no group on 16/3
VENUE Walsh Trust, Henderson
WITH **Amy McDonald** BA, Post Grad Dip Counselling, MNZAC
* CBT, ACT, Mindfulness



ART THERAPY Group 4

Art Therapy is a gentle way of tapping into and expressing 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 connect with yourself and others. Cost \$105 (FREE with referral)

DATE Every Thursday 20/2 to 2/4
TIME 6:30pm - 8:30pm (7 sessions)
VENUE Corbans Estate, Henderson
WITH **Sally Legg** AThR, MAAT Clinical, ANZACATA



MANAGING ANXIETY & DEPRESSION Group 5

This group offers a safe space to manage depressive and anxious states of mind. By drawing from established therapeutic approaches*, you will be introduced to healthy ways of managing internal distress, relationship conflict and connecting with others. Cost \$105 (FREE with referral)

DATE Every Wednesday 12/2 to 1/4
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
* CBT, ACT, Mindfulness



MANAGING STRESS WITH MINDFULNESS & MINDFUL SELF COMPASSION Group 6

Mindfulness is a proven way of reducing stress and improving wellbeing. You will also be introduced to Acceptance and Commitment Therapy tools*, which will support you to accept what is out of your personal control and commit to actions that will improve your life. Cost \$105 (FREE with referral)

DATE Every Tuesday 11/2 to 31/3
TIME 10:30am - 12:30pm (8 sessions)
VENUE Massey Community Hub
WITH **Sonia Lopez** BECE, Post Grad Dip Counselling, MNZAC
* Mindfulness, Mindful Self Compassion, ACT



NORTH SHORE

STRENGTHENING SELF-ESTEEM & WELLBEING Group 7

This group focuses on encouraging a more positive and resilient sense of self. You will be introduced to approaches such as Positive Psychology, Mindfulness, and Personality Types and learn strategies that will help you identify your personal values and be empowered to better care for yourself and connect with others. Cost \$105 (FREE with referral)

DATE Every Monday 10/2 to 30/3
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)



MANAGING ANXIETY & DEPRESSION Group 8

This group offers a safe space to manage depressive and anxious states of mind. By drawing from established therapeutic approaches*, you will be introduced to healthy ways of managing internal distress, relationship conflict and connecting with others. Cost \$105 (FREE with referral)

DATE Every Tuesday 11/2 to 31/3
TIME 7:00pm - 9:00pm (8 sessions)
VENUE Hearts & Minds Hub, Northcote
WITH **Nicola Duncan** BA Hons, Post Grad Dip CBT, MNZAC
* CBT, ACT, Mindfulness



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