

OUR VENUES

WAITAKERE/WEST HARBOUR

Walsh Trust

8 Hickory Avenue, Henderson 0612



Massey Community Hub

385 Don Buck Road, Massey 0614



Manutewhau Community House

74 Oreil Avenue, West Harbour 0618



NORTH SHORE

Hearts & Minds Hub

65 Pearn Crescent, Northcote 0627
(beside Library)



Sunnynook Community Centre

148 Sycamore Drive, Sunnynook 0620



OREWA

Hibiscus Coast Community House

214 Hibiscus Coast Highway, Orewa 0932



JOIN A COMMUNITY GROUP

GLOBAL FOOD AND FRIENDS CASUAL DROP IN

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 (weekly)

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 3

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

Groups in Orewa, Waitakere
and North Shore

July to September 2020



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

www.heartsandminds.org.nz

WAITAKERE

COPING WITH GRIEF & LOSS Group 1

Although grief is a natural emotional reaction to loss or change of any kind, people experience it in various intensity and forms. In this group, you will learn effective coping skills that make these times less overwhelming. You will have the opportunities to share what works for you, and focus on the light at the end of the tunnel. Cost \$95 (FREE with referral)

DATE Every Monday 10/8 to 14/9
TIME 6:30pm - 8:30pm (6 sessions)
VENUE Walsh Trust, Henderson
WITH Carol Drew Dip Counselling,
Post Grad Cert. Health Sciences, MNZAC



MANAGING ANXIETY IN TIMES OF STRESS Group 2

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 \$100 (FREE with referral)

DATE Every Wednesday 29/7 to 9/9
TIME 10:30am - 12:30pm (7 sessions)
VENUE Manutewhau Community House,
West Harbour (Hobsonville Road & Royal
Heights off ramps)
WITH Nicola Duncan BA Hons, Post Grad Dip CBT, MNZAC
* CBT, Sensory Modulation, Mindfulness



MANAGING STRESS WITH MINDFULNESS Group 3

Mindfulness is a proven way of reducing stress and improving overall wellbeing. You will be introduced to tools and practices* which will support you to manage stress and encourage an attitude of self-compassion. Cost \$95 (FREE with referral)

DATE Every Tuesday 11/8 to 15/9
TIME 10:30am - 12:30pm (6 sessions)
VENUE Massey Community Hub
WITH Sonia Lopez
BECE, Post Grad Dip Counselling, MNZAC



* Mindfulness, Mindful Self Compassion, ACT

NORTH SHORE

BUILDING SELF ESTEEM DURING CHALLENGING TIMES (FOR YOUNG ADULTS AGED 18-25) Group 4

This group is specifically for participants aged 18-25 years, 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 30/7 to 17/9
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)



ART THERAPY Group 5

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. (No art experience or knowledge required) Cost \$105 (FREE with referral)

DATE Every Friday 7/8 to 11/09
TIME 4:00pm - 6:00pm (6 sessions)
VENUE Hearts & Minds Hub, Northcote
WITH Mariana Torkington Certificate in Counselling,
MAAT Hons (clinical), ANZACATA



BUILDING SELF ESTEEM DURING CHALLENGING TIMES (FOR ALL AGES) Group 6

This group 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 Monday 27/7 to 14/9
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)



OREWA

MANAGING ANXIETY IN TIMES OF STRESS Group 7

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 \$100 (FREE with referral)

DATE Thursday 30/7 to 10/9
TIME 6:30pm - 8:30pm (7 sessions)
VENUE Hibiscus Coast Community
House, Orewa
WITH Nicola Duncan BA Hons, Post Grad Dip CBT, MNZAC
* CBT, Sensory Modulation, Mindfulness



ONLINE

MANAGING EMOTIONS AND FINDING BALANCE Group 8

This online Zoom 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 \$95 (FREE with referral)

DATE Every Monday 27/7 to 31/8
TIME 7:30pm - 8:30pm (6 sessions)
VENUE Online-based (Zoom)
WITH Fabricia Foster Post Grad Dip Counselling,
BA Social Sciences, MNZAC
* CBT, ACT, Mindfulness



ABOUT 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, qualified health professionals who utilise recognised approaches such as Mindfulness, CBT (Cognitive Behaviour Therapy), ACT (Acceptance & Commitment Therapy), DBT (Dialectical Behaviour Therapy) and Art Therapy.

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

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