






## OUR VENUES

WAITAKERE/WEST HARBOUR	
<p><b>Walsh Trust</b> 8 Hickory Avenue, Henderson 0612</p>	
<p><b>Massey Community Hub</b> 385 Don Buck Road, Massey 0614</p>	
<p><b>Manutewhau Community House</b> 74 Oreil Avenue, West Harbour 0618</p>	

NORTH SHORE	
<p><b>Hearts &amp; Minds Hub</b> 65 Pearn Crescent, Northcote 0627 (beside Library)</p>	
<p><b>Sunnynook Community Centre</b> 148 Sycamore Drive, Sunnynook 0620</p>	

OREWA	
<p><b>Hibiscus Coast Community House</b> 214 Hibiscus Coast Highway, Orewa 0932</p>	

## 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](mailto:info@heartsandminds.org.nz)

No referral necessary. Just come along!

### Hearts & Minds Hub

 (09) 441 8989  
 [learning@heartsandminds.org.nz](mailto: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 4

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

Groups in Orewa, Waitakere  
and North Shore

October to December 2020



**Hearts & Minds**  
PEOPLE • FAMILIES • COMMUNITIES

[www.heartsandminds.org.nz](http://www.heartsandminds.org.nz)

## WAITAKERE

### ADAPTING TO UNEXPECTED CHANGE Group 1

This year has been unpredictable, bringing challenges and loss in different forms for many people. In this group, you will learn effective coping skills that make these times less overwhelming. You will have 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 2/11 to 7/12

**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 14/10 to 25/11

**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 27/10 to 1/12

**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 ALL AGES) 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 22/10 to 10/12

**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 23/10 to 27/11

**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 12/10 to 7/12

**TIME** 12:30pm - 2:30pm (8 sessions)

\* no session on 26/10

**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** Every Thursday 15/10 to 26/11

**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 Thursday 22/10 to 26/11

**TIME** 7:00pm - 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)