

## WELLBEING KETE Group 7



This online Zoom group will focus on reducing stress and improving your overall wellbeing. This group will introduce you to tools and practices\* which will support you to manage stress and encourage an attitude of self compassion.

Cost \$100 (FREE with referral)

**DATE** Every Thursday 19/5 to 30/6  
**TIME** 10:30am - 12:00pm (7 sessions).  
**WITH** **Sonia Lopez** BECE, Post Grad Dip Counselling, MNZAC

\* Mindfulness, Mindful Self Compassion, ACT

## MANAGING DEPRESSION & ANXIETY Group 8



This online Zoom groups offers a safe space to manage depressive and anxious states of mind. Drawing from established therapeutic approaches\*, you will be introduced to healthy ways of managing internal distress, relationships and connecting with others.

Cost \$95 (FREE with referral).

**DATE** Every Thursday 26/5 to 30/6  
**TIME** 10:30am - 12:00pm (6 sessions)  
**WITH** **Nicola Duncan** BA Hons, Post Grad Dip CBT, MNZAC

\* CBT, Sensory Modulation, Mindfulness

## POSITIVE WELLBEING & RESILIENCE Group 9



This online Zoom group will encourage and promote a more positive sense of self. You will explore Positive Psychology, Mindfulness, Personality Types and learn strategies that will help you identify your personal values and improve self-care and relationships. Add "Do-able Action" to your coping skills, including ways of making sure the action is manageable, under your control and suited to you!

Cost \$100 (FREE with referral).

**DATE** Every Thursday 19/5 to 30/6  
**TIME** 7:00pm - 8:30pm (7 sessions)  
**WITH** **Karen Venter** MA Clinical Psych, MsocSci Psych, HED

\* Participants must be 18 years old or over and either live in the WDHB catchment area (Waitakere, North Shore, Rodney) or access health services in the area.

\* For those under 18 years old looking for support, please contact us to explore options.

\* All groups are free with a Doctor, Health Professional or Community Organisation Referral (valid for 1 year).

### Hearts & Minds Hub

☎ (09) 441 8989

✉ learning@heartsandminds.org.nz

Fax: (09) 441 8988



**Waitematā**  
District Health Board

Best Care for Everyone



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# WELLBEING & RESILIENCE GROUPS TERM 2

**\*FREE  
WITH A  
REFERRAL**

## Online Groups

May to July 2022



**Hearts & Minds**

Manawa Ora me te Hinengaro  
*Strengthening the Wellbeing of People and Communities*

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

### WELLBEING KETE Group 1

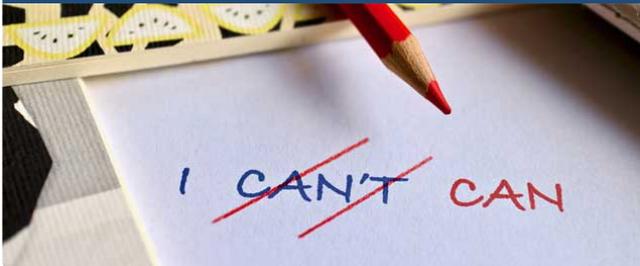


This online Zoom group will focus on reducing stress and improving your overall wellbeing. This group will introduce you to tools and practices\* which will support you to manage stress and encourage an attitude of self compassion.

Cost \$100 (FREE with referral)

**DATE** Every Monday 16/5 to 4/7  
no session on 6/6  
**TIME** 6:30pm - 8:00pm (7 sessions).  
**WITH** **Sonia Lopez** *BECE, Post Grad Dip Counselling, MNZAC*  
\* Mindfulness, Mindful Self Compassion, ACT

### CONFIDENCE AND SELF-ESTEEM Group 2



Confidence is something we can all sometimes struggle with. This course will cover a variety of topics to provide you with coping strategies to help increase your confidence levels. We will look at the difference between confidence and self-esteem and why they are important. We will look at judgements we can sometimes face in life, the importance of boundaries and communication styles including assertiveness. New skills offered will help you take the next step in your life with confidence.

Cost \$95 (FREE with referral).

**DATE** Every Monday 16/5 to 20/6  
no session on 6/6  
**TIME** 6:30pm - 7:30pm (5 sessions)  
**WITH** **Maria Thorndyke** *Dip person centered, Dip Sach Psych, Dip Clinical Sup, reg ICP*

### CREATIVE ARTS THERAPY FOR WELLBEING Group 3



This online Creative Arts Therapy group offers a gentle and playful way of tapping into and expressing thoughts and feelings. The process of art making, including creative writing, can bring about new insights and improve self-awareness. Being creative with a group fosters a sense of connection with others. No art skills required, just a willingness to experiment and explore through the art interventions and themes offered.

Cost \$105 (FREE with referral).

**DATE** Every Tuesday 17/5 to 5/7  
**TIME** 12:30pm - 2:00pm (8 sessions)  
**WITH** **Angie Richardson** *BEd, MAAT (Clinical) ANZACATA, NZTC*

### MANAGING CHANGE & STRESS Group 4



Change can happen in the workplace and in your personal life, it can challenge you, excite you and can add a bit of spice to life. However, sometimes change can be hard to deal with and causes us stress. Throughout this 4-week programme we will look at how to deal with change and acknowledge it. We will cover the fear and avoidance that can arise and look at maintaining a positive attitude. We will examine how we can take control of the situation including taking care of yourself and prepare for future changes.

Cost \$95 (FREE with referral).

**DATE** Every Tuesday 17/5 to 7/6  
**TIME** 6:00pm - 7:30pm (4 sessions)  
**WITH** **Maria Thorndyke** *Dip person centered, Dip Sach Psych, Dip Clinical Sup, reg ICP*

### CREATIVE ARTS THERAPY FOR WELLBEING Group 5



This online Creative Arts Therapy group offers a gentle and playful way of tapping into and expressing thoughts and feelings. The process of art making, including creative writing, can bring about new insights and improve self-awareness. Being creative with a group fosters a sense of connection with others. No art skills required, just a willingness to experiment and explore through the art interventions and themes offered.

Cost \$105 (FREE with referral).

**DATE** Every Tuesday 17/5 to 5/7  
**TIME** 6:30pm - 8:00pm (8 sessions)  
**WITH** **Angie Richardson** *BEd, MAAT (Clinical) ANZACATA, NZTC*

### POSITIVE WELLBEING & RESILIENCE Group 6



This online Zoom group will encourage and promote a more positive sense of self. You will explore Positive Psychology, Mindfulness, Personality Types and learn strategies that will help you identify your personal values and improve self-care and relationships. Add "Do-able Action" to your coping skills, including ways of making sure the action is manageable, under your control and suited to you!

Cost \$100 (FREE with referral).

**DATE** Every Tuesday 17/5 to 28/6  
**TIME** 7:00pm - 8:30pm (7 sessions)  
**WITH** **Karen Venter** *MA Clinical Psych, MsocSci Psych, HED*