

**PARENTING TWEENS & TEENS
THROUGH STRESS & ANXIETY**
Online Group



In a time of great change young people's stress and anxiety is increasing. This supportive group helps parents manage the challenges that parenting young people aged 11-18 can bring. Join a supportive, non-judgmental space to learn strategies and tools to help you parent young people through the challenges they face.

No cost and no referral required

DATE Every Thursday 4/8 to 25/8
TIME 7:00pm - 8:30pm (4 sessions)
VENUE Online (Zoom)
WITH Tillie Lima BCouns, DipBus, DipCouns NZAC (Prov)

WELLBEING KETE FOR YOUNG ADULTS (18-24)
Online Group



In this friendly and informative online group you will learn a range of useful strategies to improve your wellbeing, including:

- Understanding how our brains function and what shapes us as individuals
- Tools and strategies to manage stress and anxiety
- Understanding wellbeing through Te Whare Tapa Wha model
- Exploring challenges and resilience in our lives
- Wellbeing support in your community, including employment and study support

No cost and no referral required

DATE Every Thursday 1/9 to 22/9
TIME 7:00pm - 8:30pm (4 sessions)
VENUE Online (Zoom)
WITH Tillie Lima BCouns, DipBus, DipCouns NZAC (Prov)

OUR VENUES

Sunnynook Community Centre
148 Sycamore Drive, Sunnynook 0620



Hearts & Minds Community Hub
65 Pearn Crescent, Northcote 0627



Salvation Army Hibiscus Coast
32 Greenview Lane, Red Beach 0932



*** 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



Scan to visit our website

**WELLBEING & RESILIENCE
GROUPS
TERM 3**

***FREE
WITH A
REFERRAL**

In-Person/Online Groups

August to September 2022



Hearts & Minds
Manawa Ora me te Hinengaro
Strengthening the Wellbeing of People and Communities

www.heartsandminds.org.nz

MINDFULNESS & SELF COMPASSION In-person Group



This group focuses on enabling you to learn about how to create your personal kete. An attitude of self compassion will be encouraged by introducing ideas, strategies and practices* for you to use in your life. We offer you a safe space for you to talk and discuss ideas, techniques and approaches to create positive wellbeing.

Cost \$105 (FREE with referral)

DATE Every Monday 1/8 to 19/9

TIME 9:30am - 11:30am (8 sessions).

VENUE Sunnynook Community Centre

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

* Mindfulness, Mindful Self Compassion, ACT

RESILIENCE & MANAGING EMOTIONS In-person Group & Online Group

This 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 cope with difficult feelings, identify your personal values and improve self-care and relationships. Add "Doable Action" to your coping skills, including ways of making sure the action is manageable, under your control and suited to you!



Cost \$105 (FREE with referral).

In-person Group

DATE Every Monday 1/8 to 19/9

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

VENUE Sunnynook Community Centre

WITH **Karen Venter** *MA Clinical Psych, MsocSci Psych, HED*

Online Group

DATE Every Wednesday 3/8 to 21/9

TIME 7:00pm - 8:30pm (8 sessions)

VENUE Online (Zoom)

WITH **Karen Venter** *MA Clinical Psych, MsocSci Psych, HED*

CREATIVE ARTS THERAPY FOR WELLBEING In-person Groups

This 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).

In-person Group

DATE Every Tuesday 2/8 to 20/9

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

VENUE Hearts & Minds Community Hub

WITH **Angie Richardson** *BEd, MAAT (Clinical) ANZACATA, NZTC*

In-person Group

DATE Every Tuesday 2/8 to 20/9

TIME 6:00pm - 8:00pm (8 sessions)

VENUE Hearts & Minds Community Hub

WITH **Angie Richardson** *BEd, MAAT (Clinical) ANZACATA, NZTC*



MANAGING DEPRESSION & ANXIETY In-person Groups

This group 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 \$105 (FREE with referral).

In-person Group

DATE Every Wednesday 3/8 to 21/9

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

VENUE Sunnynook Community Centre

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

In-person Group

DATE Every Thursday 4/8 to 22/9

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

VENUE Salvation Army Hibiscus Coast

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

* CBT, Sensory Modulation, Mindfulness



MANAGING STRESS/ANXIETY & CHANGE Online Group



This group will focus on understanding how to manage stress, anxiety and change in your life. It will provide you with tools, techniques, and coping mechanisms for you to utilise when difficult situations occur. We are aware that when change happens this can sometimes create anxiety. We will look at the bodies warning signs and how to prepare for when life situations happen. This will allow you to manage your stress and anxiety effectively.

Cost \$75 (FREE with referral).

DATE Every Tuesday 2/8 to 23/8

TIME 6:00pm - 7:30pm (4 sessions)

VENUE Online (Zoom)

WITH **Maria Thorndyke** *Dip person centered, Dip Sach Psych, Dip Clinical Sup, reg ICP*

SELF CARE TODAY Online Group



This online Zoom group will teach participants popular self-care techniques to better manage the pressures of today. Topics will include understanding stress, burnout and setting boundaries; and an introduction to mindfulness and meditation to quieten and focus the mind. You will also learn about resilience, what it is and how to strengthen it, and the value of deep rest and relaxation.

Cost \$95 (FREE with referral).

DATE Every Tuesday 2/8 to 6/9

TIME 12:30pm - 2:00pm (6 sessions)

VENUE Online (Zoom)

WITH **Lisa Mitchell** *BSocSc (Hons)*