


PARENTING TWEENS & TEENS THROUGH STRESS & ANXIETY

ONLINE

This course supports parents to manage the challenges that parenting young people aged 11–18 years can bring. Our facilitator will provide a welcoming space to learn new strategies and tools to help you parent young people through the challenges they face.

DATES	TIMES	WEEKS
 Thursdays 3 Aug – 24 Aug	7.00pm–8.30pm	4
 Thursdays 2 Nov – 23 Nov	7.00pm–8.30pm	4

FACILITATOR

Laverne Robinson BSocPrac Counselling, Cert Sup Coaching, ANZCAL

RESILIENCE & MANAGING EMOTIONS

IN-PERSON AND ONLINE

This course encourages you to build resilience and manage emotions by exploring positive psychology, mindfulness, and personality types. You will learn effective strategies to manage difficult emotions, identify your personal values and improve self-care and relationships.

DATES	TIMES	WEEKS
 Mondays 17 July – 4 Sep	12.30pm–2.30pm	8
 Wednesdays 30 Aug – 20 Sep	7.00pm–8.30pm	4
 Wednesdays 11 Oct – 29 Nov	12.30pm–2.30pm	8
 Mondays 6 Nov – 27 Nov	7.00pm–8.30pm	4

VENUE

Sunnynook Community Centre, 148 Sycamore Drive, Sunnynook


FACILITATOR

Karen Venter MA Clinical Psych, MSocSci Psych, HED

SELF-CARE TODAY

ONLINE

This course focusses on encouraging self-care to improve your wellbeing. Topics include understanding stress, burnout, and setting boundaries. You will learn about resilience, what it is and how to strengthen it, and the value of deep rest and relaxation. This course also includes an introduction to mindfulness and meditation to focus the mind.

DATES	TIMES	WEEKS
 Tuesdays 18 July – 8 Aug	6.00pm–7.30pm	4
 Tuesdays 7 Nov – 28 Nov	6.00pm–7.30pm	4


FACILITATOR

Lisa Mitchell BSocSc (Hons)

MINDFULNESS & SELF-COMPASSION

IN-PERSON

Mindfulness is a recognised technique for reducing stress and promoting a sense of calm. This course is suitable for anyone interested in learning how to apply mindfulness tools and techniques in their everyday life. You will gain an understanding of useful mindfulness strategies and explore the important role self-compassion plays in improving your sense of wellbeing.

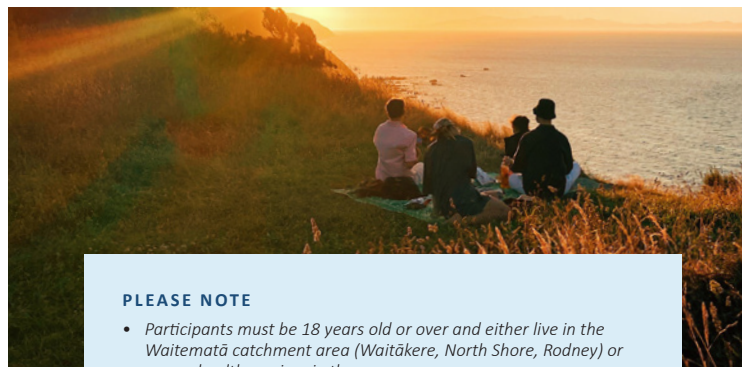
DATES	TIMES	WEEKS
 Tuesdays 29 Aug – 19 Sep	12.30pm–2.30pm	4

VENUE

Sunnynook Community Centre, 148 Sycamore Drive, Sunnynook

FACILITATOR

Sonia Lopez BECE, Post Grad Dip Counselling, MNZAC




PLEASE NOTE

- Participants must be 18 years old or over and either live in the Waitematā catchment area (Waitākere, North Shore, Rodney) or access health services in the area.
- For those under 18 years old looking for support, please contact us to explore other options.
- Conditions apply.

Hearts & Minds Community Hub

 65 Pearn Crescent, Northcote

 0800 468 288 or (09) 441 8989

 (09) 441 8988

 learning@heartsandminds.org.nz

 heartsandminds.org.nz



Scan to visit our website



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

FREE!
Bookings essential

WELLBEING & RESILIENCE COURSES AND GROUPS

IN-PERSON AND ONLINE

JULY–DECEMBER 2023



Te Whatu Ora
Health New Zealand
Waitematā

More on back ▶

 = IN-PERSON  = ONLINE

MANAGING STRESS, ANXIETY & CHANGE

ONLINE

This course will provide you with an understanding of how to manage stress, anxiety and change in your life. It will provide tools, techniques, and coping mechanisms to utilise when difficult situations occur, enabling you to manage your stress and anxiety effectively.

DATES	TIMES	WEEKS
 Tuesdays 18 July – 8 Aug	6.00pm–7.30pm	4
 Thursdays 10 Aug – 31 Aug	10.00am–11.30am	4
 Thursdays 12 Oct – 2 Nov	10.00am–11.30am	4
 Tuesdays 7 Nov – 28 Nov	6.00pm–7.30pm	4


FACILITATOR

Maria Thorndyke Dip PC Couns, Dip Sach Psych, Dip Clinical Sup, Reg ICP

HEALTHY RELATIONSHIPS

IN-PERSON

Healthy relationships are important for our mental wellbeing. This course explores ways to enjoy healthy relationships with ourselves and others, including effective communication, keeping safe in personal and work relationships, handling conflict constructively and nurturing important relationships.

DATES	TIMES	WEEKS
 Thursdays 2 Nov – 23 Nov	10.00am–12.00pm	4

VENUE

Salvation Army HC, 32 Greenview Lane, Red Beach


FACILITATOR

Nicola Duncan BA Hons, Post Grad Dip CBT, MNZAC

GOAL SETTING & CONFIDENCE FOR YOUNG ADULTS (18–24)

ONLINE

Learn new ways to create a positive mindset to achieve your goals and dreams. Topics include exploring the things that you love to do; setting goals and keeping on track; developing a strong mindset for self-belief and self-confidence and learning how to ride the storm when things don't go to plan.

DATES	TIMES	WEEKS
 Tuesdays 29 Aug – 19 Sep	6.00pm–7.30pm	4

FACILITATOR

Lisa Mitchell BSocSc (Hons)

MEN'S GROUP – LET'S MEET AND HAVE SOME CONVERSATION

IN-PERSON

This is a relaxed and informal group where you are invited to come and meet others and join in the conversation. At the same time, you will learn coping mechanisms to help you manage other challenges that you may be facing and be supported to improve your overall sense of wellbeing.

DATES	TIMES	WEEKS
 Mondays 6 Nov – 11 Dec	6.15pm–8.15pm	6

VENUE

Hearts & Minds Community Hub, 65 Pearn Crescent, Northcote

FACILITATOR

Matthew Flynn MNZAC LLB/Post Graduate Counselling

CREATIVE ARTS THERAPY FOR WELLBEING

IN-PERSON

The process of art making, including creative writing, can bring about new insights and improve self-awareness. Creative processes offer a gentle and playful way of expressing your thoughts and feelings. No art skills required, just a willingness to experiment and explore through the art interventions and themes offered.

DATES	TIMES	WEEKS
 Thursdays 17 Aug – 5 Oct	12.30pm–2.30pm	8
 Thursdays 17 Aug – 5 Oct	6.00pm–8.00pm	8
 Thursdays 12 Oct – 30 Nov	12.30pm–2.30pm	8
 Thursdays 12 Oct – 30 Nov	6.00pm–8.00pm	8

VENUE

Hearts & Minds Community Hub, 65 Pearn Crescent, Northcote


FACILITATOR

Daniela Gonzalez-Bea MANZACATA (Clinical) Art Therapist MAAT Hons, MANZSW

MANAGING DEPRESSION & ANXIETY

IN-PERSON AND ONLINE

This course 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.

DATES	TIMES	WEEKS
 Wednesdays 2 Aug – 20 Sep	10.00am–12.00pm	8
 Thursdays 3 Aug – 21 Sep	6.00pm–7.30pm	8

VENUE

Sunnynook Community Centre, 148 Sycamore Drive, Sunnynook

FACILITATOR

Nicola Duncan BA Hons, Post Grad Dip CBT, MNZAC

CONFIDENCE & SELF ESTEEM

IN-PERSON

Learn how to increase your confidence and self esteem and understand the difference. Topics include maintaining healthy boundaries, challenging your negative beliefs/thinking patterns, and exploring your positive qualities. This course will also provide you with goal-setting techniques and an understanding of how to become more assertive and confident in your life.

DATES	TIMES	WEEKS
 Tuesdays 1 Aug – 22 Aug	12.30pm–2.30pm	4
 Tuesdays 10 Oct – 31 Oct	9.30am–11.30am	4

VENUE

Sunnynook Community Centre, 148 Sycamore Drive, Sunnynook

FACILITATOR

Sonia Lopez BECE, Post Grad Dip Counselling, MNZAC

STRESS MANAGEMENT FOR CHRONIC PAIN

ONLINE

Living with chronic pain can bring many challenges which can be stressful to navigate. This course focuses on recognising the links between the brain, pain and stress. We will explore ways to train the brain to reduce the severity and frequency of pain flare-ups and introduce specific skills to cope with pain and managing stress.

Please note: This group is designed to complement the support you are receiving from medical practitioners for physical pain, rather than replace it.

DATES	TIMES	WEEKS
 Wednesdays 11 Oct – 13 Dec	10.30am–12.00pm	10

FACILITATOR

Nicola Duncan BA Hons, Post Grad Dip CBT, MNZAC

WOMEN'S WELLNESS

ONLINE

Have you ever wondered about the importance of self-care, and what really works to help you manage anxiety and stress? Learning different strategies such as resilience building and how to manage low mood and rumination will provide you with the skills and tools to help you manage difficult times and improve your wellbeing.

DATES	TIMES	WEEKS
 Thursdays 31 Aug – 21 Sep	6.00pm–7.30pm	4

FACILITATOR

Lisa Mitchell BSocSc (Hons)