



Moving Past Depression & Anxiety

PROGRAMME:

Learn to understand how you experience depression and/or anxiety. Develop skills for reducing their effects and improving your quality of life with the support of sharing and learning in a safe, interactive group. Includes some CBT (Cognitive Behavioural Therapy) skills.



 STARTS	Thursday, 3rd August
ENDS	Thursday, 21st September
 TIME	6:30pm to 8:30pm
 LENGTH	8 Weeks
 WHERE	Walsh Trust 8 Hickory Ave, Henderson
 COST	\$105 (Free with Doctor's referral)

LIMITED PLACES
Enrolment and pre-payment is essential.

About Sonia Lopez



Sonia is a qualified Narrative and Collaborative Therapist (Post Grad Dip Counselling) and is experienced in working with anxiety, depression, trauma, low self-esteem, and relationship issues.

Sonia has a keen interest in group processes and the healing that participation, and interpersonal learning can bring to the client.



**20% Discount for Community Service,
Gold card holders and Students**

For more information and registration, please contact **Raeburn House:**

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