

## RODNEY

### OVERCOMING ANXIETY & REDUCING STRESS

Explore the causes of stress and anxiety and learn how to build your resilience against their patterns in your life. Learn new relaxation techniques, increase self-awareness in terms of personality type, core values and coping resources, recognise unhelpful thought processes, and find new ways of challenging these. Includes CBT skills and Mindfulness.

**DATE** Every Monday, 16th October to 11th December

**TIME** 7:00pm - 9:00pm  
(8 sessions over 9 weeks\*)

**VENUE** HBC Youth Centre,  
214D Hibiscus Coast Highway

**COST** \$100 (**FREE with doctor referral**)  
\* there will be no session on 23/10 (Labour Day)



With **Karen Venter** MA Clin.Psych, MSocSci Psych, HED, MNZAP

### MANAGING YOUR EMOTIONS & FINDING BALANCE

This group aims to build both the practical and internal resources of participants, enabling better management of emotions such as anxiety, distress and sadness. Acceptance Commitment Therapy (ACT), Dialectal Behavioural Therapy (DBT) and Mindfulness approaches will equip you for a calmer day to day life. See flyer on our website for more details.

**DATE** Every Wednesday, 18th October to 6th December

**TIME** 7:00pm - 9:00pm (8 sessions)

**VENUE** HBC Youth Centre – 214D  
Hibiscus Coast Highway

**COST** \$100 (**FREE with doctor referral**)



**Julie Walker** BHSC Hons 1st Class - Psych, Post Grad Dip Counselling, MNZACC

### FIVE WAYS TO WELLBEING



Groups are **FREE** with a Doctor or Health Professional referral (valid 1 year for up to 2 groups per term)

### GLOBAL FOOD AND FRIENDS

**EVERYONE WELCOME!** This friendship group welcomes newcomers, migrants, refugees and Kiwis. Learn about New Zealand culture, meet others, make friends and have fun!

**DATE** Wednesdays (fortnightly – see dates on website)

**TIME** 10am to 12pm

**VENUE** Norman King Community Hub,  
65 Pearn Crescent, Northcote

**COST** **FREE TO ATTEND!**

### COMING UP FOR 2018 - 3 HOUR WORKSHOPS

Parenting Anxious Teens and Tweens  
Beating Procrastination  
Managing Perfectionism  
Kickstart Your New Life  
Positive Psychology – The Pursuit of Happiness  
Menstank – There's No Shame In the Blues  
A Good Night Sleep  
Treaty of Waitangi (Te Tiriti o Waitangi)

[Register your interest now!](#)

**Price range \$45 to \$60 per 3 hour workshops**

20% Discount For Community Service, Gold Card Holders  
And Students



**Waitemata**  
District Health Board

Best Care for Everyone

For more information and registration please  
contact Hearts & Minds

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

Fax: (09) 441 8988

📍 Norman King Community Hub - 65 Pearn Crescent,  
Northcote 0627 PO Box 36 336, Northcote, Auckland 0748

# WELLBEING SUPPORT GROUPS TERM 4

**FREE**  
WITH A  
DOCTOR  
OR HEALTH  
PROFESSIONAL  
REFERRAL

New Groups in Rodney,  
West Auckland and North Shore  
**October to December 2017**



**Hearts & Minds**

PEOPLE • FAMILIES • COMMUNITIES

FORMERLY KNOWN AS

MA PANGO MA WHERO KA TUTUI TATOU  
**Raeburn House**  
CONNECTING PEOPLE - BUILDING COMMUNITIES

# NORTH SHORE

## ART THERAPY

Art therapy is a form of psychotherapy using artistic expression to improve mental and emotional wellbeing. Through the creative process, thoughts and feelings are explored and shared, emotional conflicts can be reconciled, self-awareness is improved, anxiety is reduced in a safe and welcoming environment. No art skills are needed.

**DATE** Every Monday, 16th October to 11th December  
**TIME** 10am - 12:30pm  
\*9 weeks - 8 sessions



**VENUE** Norman King Community Hub,  
65 Pearn Crescent, Northcote  
**COST** \$105 (**FREE with doctor referral**)  
\* there will be no session on 23/10 (Labour Day)

With Limor Fybish BA, Post Grad Dip Art Therapy & HSc, MANZATA/CTAA

## MINDFULNESS

Practicing Mindfulness is a way of reducing stress and developing greater balance in your life. Learn strategies to bring greater acceptance of self and others. Find out how to participate more fully in your daily life and live in the NOW. This group will also include some Narrative Therapy approaches.

**DATE** Every Wednesday, 18th October to 6th December  
**TIME** 11am - 12:30pm (8 sessions)  
**VENUE** Raeburn House,  
138 Shakespeare Rd, Milford  
**COST** \$100 (**FREE with doctor referral**)



With Sonia Lopez BECE, Post Grad Dip Counselling, MNZAC Provisional

## MOVING PAST DEPRESSION

Learn to understand how you experience depression. Develop skills to reduce its effects and improve your quality of life with the support of sharing and learning in a safe, interactive group. Includes CBT (Cognitive Behavioural Therapy) skills.

**DATE** Every Thursday, 19th October to 7th December  
**TIME** 7pm - 9pm (8 sessions)  
**VENUE** Norman King Community Hub,  
65 Pearn Crescent, Northcote  
**COST** \$100 (**FREE with doctor referral**)



With Nicola Duncan B.A Hons, Post Grad Dip CBT, MNZAC

Groups are **FREE** with a **Doctor or Health Professional referral** (valid 1 year for up to 2 groups per term)

## OVERCOMING ANXIETY

Explore the causes of anxiety and learn how to recognise its patterns, what keeps it going and how to change unhelpful thought processes. Learn relaxing and calming techniques to lift your wellbeing. CBT, Mindfulness and Narrative approaches.

**DATE** Every Monday, 6th November to 11th December  
**TIME** 6:30am - 8pm (6 sessions)  
**VENUE** Norman King Community Hub,  
65 Pearn Crescent, Northcote  
**COST** \$95 (**FREE with doctor referral**)

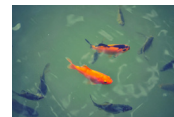


With Sonia Lopez BECE, Post Grad Dip Counselling, MNZAC Provisional

## STRESS MANAGEMENT

Identify sources of stress related to a variety of life situations. Learn new techniques to reduce stress levels and how to gain control in stressful situations before they escalate. Explore how to know yourself better through personality, core value awareness, and communication skills. Includes CBT, time management skills, self care knowledge and mindfulness.

**DATE** Every Sunday, 29th October to 10th December  
**TIME** 3:30pm - 5:30pm (8 sessions)  
**VENUE** Raeburn House,  
138 Shakespeare Rd, Milford  
**COST** \$100 (**FREE with doctor referral**)



With Karen Venter MA Clin.Psych, MSocSci Psych, HED, MNZAP

## ONGOING WELLBEING SUPPORT GROUP

This weekly open group is for those who have previously attended a Hearts and Minds group and are looking for ongoing support. Our qualified facilitator/counsellor will provide a safe, warm, non-judgmental environment to share issues and concerns. These are held fortnightly on the 2nd and 4th Tuesday of each month from 6.30pm to 8pm at the Norman King Community Hub, Northcote.

Your \$5 donation is appreciated

Please confirm by noon on the Tuesday if possible:  
Contact [julie@heartsandminds.org.nz](mailto:julie@heartsandminds.org.nz) or 0211606882

# WAITAKERE

## MINDFULNESS

Practicing Mindfulness is a way of reducing stress and developing greater balance in your life. Learn strategies to bring greater acceptance of self and others. Find out how to participate more fully in your daily life and live in the NOW. This group will also include some Narrative Therapy approaches.

**DATE** Every Wednesday, 18th October to 6th December  
**TIME** 6:30pm - 8pm (8 sessions)  
**VENUE** Walsh Trust 8 Hickory Ave,  
Henderson  
**COST** \$100 (**FREE with doctor referral**)



With Sonia Lopez BECE, Post Grad Dip Counselling, MNZAC Provisional

## MOVING PAST DEPRESSION & ANXIETY

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.

**DATE** Every Wednesday, 18th October to 6th December  
**TIME** 10:30am - 12:30pm (8 sessions)  
**VENUE** Manutewhau Community House  
74B Oreil Ave, West Harbour, Auckland 0618  
**COST** \$100 (**FREE with doctor referral**)



With Nicola Duncan B.A Hons, Post Grad Dip CBT, MNZAC

## MANAGING YOUR EMOTIONS & FINDING BALANCE

This group aims to build both the practical and internal resources of participants, enabling better management of emotions. ACT, DBT and CBT approaches will equip you for a calmer day to day life. See flyer on website for more details.

**DATE** Every Monday, 30th October to 11th December  
**TIME** 6:30pm - 8:30pm (7 sessions)  
**VENUE** Walsh Trust 8 Hickory Ave,  
Henderson  
**COST** \$95 (**FREE with doctor referral**)



Julie Walker BHSC Hons 1st Class - Psych, Post Grad Dip Counselling, MNZACC