



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

FORMERLY KNOWN AS

MA PANGO MA WHERO KA TUTUI TATO

Raeburn House

CONNECTING PEOPLE - BUILDING COMMUNITIES

MANAGING YOUR EMOTIONS & FINDING BALANCE GROUP

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 A DOCTOR OR HEALTH PROFESSIONAL'S REFERRAL

(which is valid for 1 year, and up to 2 groups per term).

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ABOUT JULIE WALKER

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

I am a qualified Counsellor and I hold a BSc in Psychology (First Class Hons), and a Post Grad Dip in Narrative Therapy. My key areas of therapeutic interest lie with those experiencing anxiety, stress, depression, or loss, and I have a particular interest in the helpfulness of group work for these concerns.

The modalities I use for therapy are varied, and include CBT, narrative therapy, person-centred therapy, mindfulness, and DBT.



For more information and registration, please contact
Hearts & Minds

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WEB www.heartsandminds.org.nz