



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

FORMERLY KNOWN AS

MA PANGO MA WHERO KA TUTUI TATOI

Raeburn House

CONNECTING PEOPLE - BUILDING COMMUNITIES

MINDFULNESS GROUP

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 which will focus on 're-authoring your life story' from a healthier perspective, thereby increasing self esteem and well being.



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 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 SONIA LOPEZ

(BECE, Post Graduate Diploma Counselling, MNZAC - Provisional)

Sonia is a qualified Narrative and Collaborative Therapist 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.



For more information and registration, please contact Hearts & Minds

PHONE 09 441 8989

E-MAIL learning@heartsandminds.org.nz

WEB www.heartsandminds.org.nz