



# Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

FORMERLY KNOWN AS

MA PANGO MA WHERO KA TUITUI TATOJU

## Raeburn House

CONNECTING PEOPLE - BUILDING COMMUNITIES

## MOVING PAST DEPRESSION GROUP

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 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 NICOLA DUNCAN

*(B.A. Hons, Post Grad Dip CBT, MNZAC)*

Nicola is a registered counsellor and has considerable experience in relationship and family counselling, loss, conflict, depression and anxiety. While she employs a number of modalities in her counselling practice, Nicola finds CBT in a group setting to be particularly helpful for those experiencing depression, anxiety or low self-esteem.



For more information and registration, please contact  
**Hearts & Minds**

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