

## MOVING PAST DEPRESSION + ANXIETY GROUP

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.

**Enrol now - Limited spaces**



- 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 A DOCTOR OR HEALTH PROFESSIONAL'S REFERRAL**

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



### 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**

- PHONE** 09 441 8989  
**E-MAIL** [learning@heartsandminds.org.nz](mailto:learning@heartsandminds.org.nz)  
**WEB** [www.heartsandminds.org.nz](http://www.heartsandminds.org.nz)

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