



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

FORMERLY KNOWN AS

MA PANGO MA WHERO KA TUITUI TATOJU

Raeburn House

CONNECTING PEOPLE - BUILDING COMMUNITIES

OVERCOMING ANXIETY & REDUCING STRESS GROUP

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)

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 KAREN VENTER

(MA Clin.Psych, MSocSci, HED, MZNAP)

I am a registered clinical psychologist and I draw on a broad range of skills to find the "best fit" for my client's needs. I have extensive experience working over a range of modalities including Cognitive Behaviour Therapy, Depth Therapy, Jungian Psychology (Personality), Strengths Based Models, Stress Management, Careers Counselling, Mindfulness, and Compassion Focussed Therapy.



For more information and registration, please contact
Hearts & Minds

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