

Ongoing Wellbeing Support Group at the Norman King Community Hub



Julie Walker

Open Group is all about connection and friendship, with a view to building resilience. We meet fortnightly, and discuss how life is going, offering ideas, stories and tips to make a positive difference and build on the knowledge gained from previous groupwork.

Mobile: 021 1606882

Email: julie@raeburnhouse.org.nz

As a counsellor and group facilitator, I contribute some material from a therapeutic perspective, however the conversations are fluid, and topics are more informed by the needs and interests of the group on the night.



You will be very welcome however often you choose to come along. There is no criteria or expectation of regular attendance.

Email: julie@raeburnhouse.org.nz
or text 021 160 6882 to confirm attendance if possible.

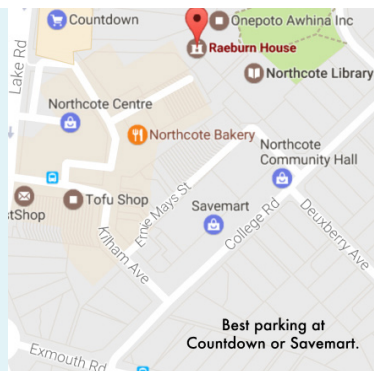
2nd & 4th Tuesday each month

6:30pm - 8:00pm

**\$5 Donation
Thank You**



Enjoy a hot drink with other group attendees



(09) 441 8989 or 027 4987 074
Julie@raeburnhouse.org.nz

Norman King Community Hub -
65 Pearn Crescent, Northcote 0627

MA PANGO MA WHERE KA TUITUI TATOU

Raeburn House

CONNECTING PEOPLE - BUILDING COMMUNITIES