



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

(Formerly known as Raeburn House)

MEN'S TALK WELLBEING SUPPORT GROUP

This group will offer support in a safe environment where skills and strategies will be developed and discussed on how to ride the rapids of life in a more resilient way. Cognitive Behavioural Therapy, Mindfulness, Stress management, and practical life skills will be offered to support those coping with loss, change, depression, anxiety and low self esteem.

Mike will facilitate an atmosphere of warmth and acceptance with a group of up to 12 men all experiencing various challenges and life changes.



DATE Every Monday 5th March to 23rd April (no session Easter Monday 2nd April)

TIME 7:00pm - 9:00pm (7 sessions)

VENUE Bays Community Centre,
Glen Road, Browns Bay

COST \$100

FREE WITH A DOCTOR OR HEALTH PROFESSIONAL'S REFERRAL

(Valid for 1 year for up to 2 groups per term).



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ABOUT MIKE DAWSON

Mike is a strengths based qualified Social Worker with a focus on mental health and wellbeing. He is a strong supporter of social justice, and his values are grounded in equality and recognition of all humanity.

Mike has been a professional photographer, a rugby coach, Ironman finisher and research worker in the field of community wellbeing. Empathy, engagement, and resource building are all facets of Mike's approach in supporting men through difficult seasons of their lives. Mike himself changed vocation mid-life as his desire was to support those who need skills to feel empowered and lift their personal wellbeing. Cognitive Behaviour Therapy (CBT), mindfulness, and practical life skills are the key approaches which Mike will bring to this group.

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

PHONE 09 441 8989

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WEB www.heartsandminds.org.nz