



# Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

(Formerly known as Raeburn House)

## MOVING PAST DEPRESSION AND ANXIETY

Learn to understand how you experience depression and anxiety. 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 Cognitive Behavioural Therapy, Mindfulness, ACT and general tips on enhancing wellbeing.



### LIMITED PLACES

Enrolment and pre-payment is essential.

**DATE** Every Friday, 16th February to 23rd March

**TIME** 10:30am - 12:30pm (6 sessions)

**VENUE** Sherwood Room, Bays Community Centre, Glen Road, Browns Bay

**COST** \$95

**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 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**

**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)