



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 practical skills on enhancing wellbeing. You will also identify your personality type from a Jungian perspective and learn how this knowledge can lift your self-esteem.



- DATE** Every Wednesday, 21th February to 11th April
- TIME** 7:00pm - 9:00pm (8 sessions)
- VENUE** HBC Youth Centre,
214D Hibiscus Coast Highway
- COST** \$100 (FREE with doctor referral)

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 Focused Therapy.



For more information and registration, please contact
Hearts & Minds

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