



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

(Formerly known as Raeburn House)

MOVING PAST DEPRESSION + ANXIETY GROUP

Learn to understand how you experience depression and/or anxiety. Develop skills for reducing their effects and improving your quality of life with the support of sharing and learning in a safe, interactive group. Includes some CBT (Cognitive Behavioural Therapy) and mindfulness skills.

Enrol now - Limited spaces



- DATE** Every Wednesday, 14th February to 4th April
- TIME** 10:30am - 12:30pm (8 sessions)
- VENUE** Manutewhau Community House
74B Oreil Ave, West Harbour,
Auckland 0618
- 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 NICOLA DUNCAN

(B.A. Hons, Post Grad Dip CBT, MNZAC)

Nicola is a registered counsellor and has considerable experience in relationship and family counselling, loss, conflict, depression and anxiety. While she employs a number of modalities in her counselling practice, Nicola finds CBT in a group setting to be particularly helpful for those experiencing depression, anxiety or low self-esteem.



For more information and registration, please contact
Hearts & Minds

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