



# Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

(Formerly known as Raeburn House)

## MOVING PAST DEPRESSION GROUP

Learn to understand how you experience depression. 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 CBT (Cognitive Behavioural Therapy) skills, Mindfulness and practical techniques and strategies to improve wellbeing.



- DATE** Every Thursday, 1st March to 5th April
- TIME** 7pm - 9pm (6 sessions)
- VENUE** Hearts & Minds Hub,  
65 Pearn Crescent, Northcote
- 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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OR HEALTH  
PROFESSIONAL'S  
REFERRAL**



### 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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