

CONFIDENCE, WELLBEING & EMPLOYMENT

Increase your ability to access supports, reduce social isolation, and build resilience. The focus of this group will address the underlying confidence issues that can be a barrier to achieving meaningful employment as well as learning new skills such as job interview and cv skills. Sessions will be highly interactive with guest speakers from local agencies.

(FREE - No referral necessary)

DATE Every Monday 19/2 to 26/3

TIME 10am - noon

VENUE Hearts & Minds Hub, Northcote

With Karen Venter *MA Clin.Psych, MSocSci Psych, HED, MNZAP*



*MOVING PAST DEPRESSION AND ANXIETY

Learn 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. This group draws on approaches from Cognitive Behaviour Therapy, Narrative, Mindfulness and ACT.

Cost \$95 (FREE with referral)

DATE Every Friday 16/2 to 23/3

TIME 10:30am - 12:30pm (6 weeks)

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

With Sonia Lopez *BECE, Post Grad Dip Counselling, MNZAC Provisional*



*LIFTING YOUR SELF ESTEEM AND CONFIDENCE

Develop a deeper understanding of your personality and identity. Learn your strengths, core values, develop goal setting techniques and how to beat procrastination. Enhance your sense of self while also improving communication with others.

Cost \$95 (FREE with referral)

DATE Every Sunday 25/2 to 25/3

TIME 3:30pm - 5:30pm (5 sessions)

VENUE Bays Community Centre, Browns Bay

With Karen Venter *MA Clin.Psych, MSocSci Psych, HED, MNZPB, MNZPsS*



ONGOING WELLBEING SUPPORT GROUP

EVENING GROUP: 2nd & 4th Tuesdays each month
6:30pm to 8pm

DAY GROUP: Every Thursday 10:30am to 12pm

VENUE: Hearts & Minds Hub, Northcote

You are welcome to attend both groups.
\$5 donation appreciated for each group.

GLOBAL FOOD AND FRIENDS

EVERYONE WELCOME! FREE This friendship group welcomes newcomers, migrants and Kiwis. Learn about NZ culture, make friends and have fun! No referral necessary. Just come along!

DATE Wednesdays (fortnightly starting 14/2)

TIME 10:30am to 12:30pm

VENUE Hearts & Minds Hub, Northcote

WELLBEING WORKSHOPS

See our website for more details - (No referral necessary - 20% Discount For Community Service, Gold Card Holders And Students)

Term 1:

Parenting Anxious Teens & Tweens 18/3 & 25/3 3:30 - 5:30pm
(A 2-part workshop - \$50 sgle, \$75 cple Youthline, Albany)

Mindful Eating, Body Image & Self Esteem 3/4 & 10/4

(A 2-part women's workshop - \$50, Northcote)

Term 2:

Couple's Communication 12/5 - 19/5 3pm - 5pm

(A 2-part workshop - \$75 cple, Northcote)

Further workshops for 2018: Beating Procrastination, Managing Perfectionism, Kickstart Your New Life, Positive Psychology – The Pursuit of Happiness, A Good Night Sleep, Treaty of Waitangi (Te Tiriti o Waitangi). See our website for details.

New 6 - 8 session groups for Term 2:

Good Vibrations Music Therapy 25/4 - 27/6, 10.15am - Noon, Northcote, \$105 (FREE with referral).

Mandarin Speaking Wellbeing Group - Albany, \$105 (FREE with referral) Dates TBA.



Waitemata
District Health Board

Best Care for Everyone



☎ (09) 441 8989 ✉ learning@heartsandminds.org.nz

Fax: (09) 441 8988

📍 Hearts & Minds Hub - 65 Pearn Crescent,
Northcote 0627 PO Box 36 336, Northcote, Auckland 0748

WELLBEING SUPPORT GROUPS TERM 1

***FREE**
WITH A
DOCTOR
OR HEALTH
PROFESSIONAL'S
REFERRAL

New Groups in Rodney,
Waitakere and North Shore
February to April 2018



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

FORMERLY KNOWN AS RAEBURN HOUSE

*Includes all Wellbeing & Resilience Groups

www.heartsandminds.org.nz

WAITAKERE

Hearts and Minds is pleased to be working collaboratively with the Walsh Trust who have been providing a range of health and well-being services to Waitemata communities since 1988.



*MANAGING EMOTIONS AND FINDING BALANCE

This group aims to build both practical and internal resources of participants, enabling better management of emotions. ACT, DBT and CBT approaches will equip you for a calmer day to day life. See flyer on website for more details. \$100 (FREE with referral)

DATE Every Monday 12/2 to 26/3
TIME 6:30pm - 8:30pm (7 weeks)
VENUE Walsh Trust, **Henderson**



With Amy McDonald BA, Post Grad, Dip Counselling, MNZAC

*MOVING PAST DEPRESSION & ANXIETY

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) skills. Cost \$100 (FREE with referral)

DATE Every Wednesday 14/2 to 4/4
TIME 10:30am - 12:30pm (8 sessions)
VENUE Manutewhau Community House,
West Harbour



With Nicola Duncan BA Hons, Post Grad Dip CBT, MNZAC

*OVERCOMING ANXIETY

Explore the causes of anxiety and learn how to recognize its patterns, what keeps it going and how to change unhelpful thought processes. Learn relaxing and calming techniques to lift your wellbeing. CBT, Mindfulness, Narrative and ACT approaches. Cost \$100 (FREE with referral)

DATE Every Wednesday 21/2 to 11/4
TIME 7pm - 9pm (8 sessions)
VENUE Walsh Trust, **Henderson**

With Sonia Lopez BECE, Post Grad Dip Counselling, MNZAC Provisional

Groups are FREE with a Doctor or Health Professional referral (valid 1 year for up to 2 groups per term)

RODNEY

*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. Cost \$100 (FREE with referral)

DATE Every Wednesday 21/2 to 11/4
TIME 7:00pm - 9:00pm (8 sessions)
VENUE HBC Youth Centre, **Orewa**



With Karen Venter MA Clin.Psych, MSocSci Psych, HED, MNZAP

NORTH SHORE

*MOVING PAST DEPRESSION

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 Cognitive Behavioural Therapy, Mindfulness, tips and techniques for improving general wellbeing. Cost \$95 (FREE with referral)

DATE Every Thursday 1/3 to 5/4
TIME 7pm - 9pm (6 weeks)
VENUE Hearts & Minds Hub, **Northcote**



With Nicola Duncan BA Hons, Post Grad Dip CBT, MNZAC

*MANAGING EMOTIONS AND FINDING BALANCE

This group aims to build both practical and internal resources of participants, enabling better management of emotions. ACT, DBT and CBT approaches will equip you for a calmer day to day life. See flyer on website for more details. \$100 (FREE with referral)

DATE Every Wednesday 7/3 to 11/4
TIME 7pm - 9pm (6 sessions)
VENUE Youthline, **Albany**



Julie Walker BHSC Hons 1st Class - Psych, Post Grad Dip Counselling, MNZCCA

FIVE WAYS TO WELLBEING



NORTH SHORE

*ART THERAPY

Art therapy is a form of psychotherapy using artistic expression to improve mental and emotional wellbeing. Through the creative process, thoughts and feelings are explored and shared, emotional conflicts can be reconciled, self-awareness is improved, anxiety is reduced in a safe and welcoming environment. No art skills are needed. Cost \$105 (FREE with referral)

DATE Every Tuesday 13/2 to 10/4
no group 3/4
TIME 10am - 12:30pm (8 sessions)
VENUE Hearts & Minds Hub, **Northcote**



With Limor Fybish BA, Post Grad Dip Art Therapy, MANZATA/CTAA

*OVERCOMING ANXIETY

Explore the causes of anxiety and learn how to recognize its patterns, what keeps it going and how to change unhelpful thought processes. Learn relaxing and calming techniques to lift your wellbeing. CBT, Mindfulness and Narrative approaches. Cost \$100 (FREE with referral)

DATE Every Monday 12/2 to 26/3
TIME 6:30pm - 8:30pm (7 sessions)
VENUE Hearts & Minds Hub, **Northcote**



With Sonia Lopez BECE, Post Grad Dip Counselling, MNZAC Provisional

*MEN'S TALK

This group will offer support in a safe environment where skills and strategies will be taught and discussed on how to ride the rapids of life. Cognitive Behavioural Therapy skills, Mindfulness, Stress management, and practical life skills offered to support those coping with loss, change, depression, anxiety, anger and low self esteem. Cost \$100 (FREE with referral)

DATE Every Monday 12/2 to 26/3
TIME 7pm - 9pm (7 sessions)
VENUE Bays Community Centre, **Browns Bay**



With Mike Dawson MSW (Prof) BHumServ, NZRSW

*MANAGING EMOTIONS & FINDING BALANCE

This group aims to build both practical and internal resources of participants, enabling better management of emotions. ACT, DBT and CBT approaches will equip you for a calmer day to day life. See flyer website for more details. Cost \$95 (FREE with referral)

DATE Every Friday 23/2 to 23/3
TIME 10:30am - 12:30pm (5 weeks)
VENUE Hearts and Minds Hub, **Northcote**



With Amy McDonald BA, Post Grad, Dip Counselling, MNZAC