

Ongoing Wellbeing Support Group at the Hearts & Minds Community Hub (Term 1 & Term 2)



Julie Walker

Open Group is all about connection and friendship, with a view to building resilience. We meet fortnightly, and discuss how life is going, offering ideas, stories and tips to make a positive difference and build on the knowledge gained from previous groupwork.

Mobile: 021 1606882

Email: julie@heartsandminds.org.nz

As a counsellor and group facilitator, I contribute some material from a therapeutic perspective, however the conversations are fluid, and topics are more informed by the needs and interests of the group on the night.



You will be very welcome however often you choose to come along.

There is no criteria or expectation of regular attendance.

Term One: 2nd & 4th Tuesday each month

Term Two: 1st & 3rd Wednesday each month (starts on 2/5)

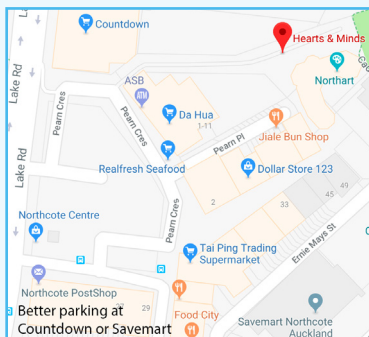
6:30pm - 8:00pm

and every Thursday all year 11.00am - 12.30pm

**\$5
Donation Appreciated**



Enjoy a hot drink with other group attendees



65 Pearn Crescent, Northcote

Enter through Countdown carpark and take the small road to the right of the supermarket. Park right outside the Hearts & Minds Hub.