

NORTH SHORE

Group 10

ART THERAPY

Art Therapy is a gentle way of tapping into and communicating feelings. Where words may fail, the creative act can bring about new insights and in turn, improve self-awareness and confidence. In this group you will also further your understanding of how the art process can help you connect with others.

Cost \$105 (FREE with referral)

DATE Thursday 17/10 to 5/12

TIME 12:30pm - 2:30pm (8 sessions)

VENUE Hearts & Minds Hub, Northcote

With Wendy Lawson BFA, MAAT Hons(clinical), AThR, ANZACATA



*** Participants must be 18 years or over and either live in the WDHb catchment area or access health services in the area.**

GLOBAL FOOD AND FRIENDS EVERYONE WELCOME!

- Learn about Kiwi culture and make new friends
- Find out how local services can help you to settle in NZ
- Try foods from around the world and bring a small plate of finger food to share
- Wide range of speakers and activities
- Cost **FREE**

DATE Wednesdays (fortnightly)

TIME 10:30am to 12:30pm

VENUE Hearts & Minds Hub, Northcote

EMAIL info@heartsandminds.org.nz

No referral necessary. Just come along!



Scan and visit our Wellbeing Group page



WELLBEING

"When people have the psychological, social, spiritual, and physical resources to meet life's challenges, and thrive."

Hearts & Minds

(09) 441 8989

learning@heartsandminds.org.nz

Fax: (09) 441 8988

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



WELLBEING & RESILIENCE GROUPS TERM 4

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

Groups in Rodney, Waitakere
and North Shore

October to December 2019



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES



Waitematā
District Health Board

Best Care for Everyone

www.heartsandminds.org.nz

WAITAKERE

Group 1 * MANAGING EMOTIONS & FINDING BALANCE

This group focuses on introducing new ways of understanding distressing thoughts and emotions, and how to regain a sense of wellbeing. Drawing from recognised approaches such as ACT (Acceptance & Commitment Therapy), CBT (Cognitive Behavioural Therapy) and Mindfulness, you will be presented with strategies and techniques to apply in daily life.

Cost \$105 (FREE with referral)

DATE Every Monday 14/10 to 9/12

TIME 6:30pm - 8:30pm (8 sessions)

*no group 28/10 – Labour weekend

VENUE Walsh Trust, Henderson

With Amy McDonald BA, Post Grad Dip Counselling, MNZAC



Group 2 * ART THERAPY

Art Therapy is a gentle way of tapping into and communicating feelings. Where words may fail, the creative act can bring about new insights and in turn, improve self-awareness and confidence. In this group you will also further your understanding of how the creative process can help you in connecting with others.

Cost \$105 (FREE with referral)

DATE Every Thursday 31/10 to 12/12

TIME 6:30pm - 8:30pm (7 sessions)

VENUE Corbans Estate, Henderson

With Sally Legg AThR, MAAT Clinical, ANZACATA



Group 3 * ANXIETY & DEPRESSION

This group offers a safe space to manage depressive and anxious states of mind. By drawing from established therapeutic skills, such as CBT, Sensory Modulation and Mindfulness, you will connect with other and be introduced to healthy ways of managing internal distress and relationship conflict.

Cost \$105 (FREE with referral)

DATE Every Wednesday 16/10 to 4/12

TIME 10:30am - 12:30pm (8 sessions)

VENUE Manutewhau Community House, West Harbour (Hobsonville Road & Royal Heights off ramps)

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



RODNEY

Group 4 * MANAGING ANXIETY

This group will focus on better understanding and managing feelings of anxiety. Drawn from CBT (Cognitive Behaviour Therapy) and Mindfulness, you will be introduced to a variety of self-care techniques that can be utilised when faced with challenging thoughts and situations.

Cost \$105 (FREE with referral)

DATE Every Monday 14/10 to 9/12

TIME 6:45pm - 8:45pm (8 sessions)

*no group 28/10 – Labour weekend

VENUE HBC Youth Centre, Orewa

With Karen Griffiths BSW, RSW (SWRB597)



Group 5 * SELF-ESTEEM AND WELLBEING

This group focuses on introducing ways to improve your self-esteem. Within the confidentiality of the group, you will have an opportunity to learn about what strengthens your self-worth and ultimately improve your wellbeing.

Cost \$105 (FREE with referral)

DATE Thursday 17/10 to 5/12

TIME 10:00am - 12:00pm (8 sessions)

VENUE HBC Youth Centre, Orewa

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



Group 6 * COPING WITH GRIEF AND LOSS

Although grief is a natural emotional reaction to loss or change of any kind, people experience it in various intensity and forms. In this group, you will learn effective coping skills that make these times less overwhelming. You will have the opportunities to share what works for you, and focus on the light at the end of the tunnel.

Cost \$105 (FREE with referral)

DATE Every Friday 18/10 to 6/12

TIME 10:30am - 12:30pm (8 sessions)

VENUE HBC Youth Centre, Orewa

With Karen Griffiths BSW, RSW (SWRB597)



Groups are *FREE with a Doctor or Health Professional referral (valid for 1 year)

NORTH SHORE

Group 7 * STRENGTHENING SELF-ESTEEM

This group focuses on encouraging a more positive and resilient self-esteem. By introducing new approaches such as Positive Psychology, Mindfulness, and Personality Types, you will be able to find out what values are important to you. You will also be empowered to better care for yourself and connect with others.

Cost \$105 (FREE with referral)

DATE Every Monday 14/10 to 9/12

TIME 12:30pm - 2:30pm (8 sessions)

*no group 28/10 – Labour weekend

VENUE Sunnynook Community Centre, Sunnynook

With Karen Venter MA Clinical Psych, MSocSci Psych, HED (Higher Education Diploma, PgDip)



Group 8 * MANAGING EMOTIONS

This group focuses on introducing new ways of understanding distressing thoughts and emotions, and how to regain a sense of wellbeing. Drawing from recognised approaches such as ACT (Acceptance & Commitment Therapy), CBT (Cognitive Behavioural Therapy) and Mindfulness, you will be presented with strategies and techniques to apply in daily life.

Cost \$105 (FREE with referral)

DATE Every Tuesday 15/10 to 3/12

TIME 6:30pm - 8:30pm (8 sessions)

VENUE Hearts & Minds Hub, Northcote

FACILITATOR - TBC



Group 9 * ANXIETY & DEPRESSION

This group offers a safe space to manage depressive and anxious states of mind. By drawing from established therapeutic skills, such as CBT, Sensory Modulation and Mindfulness, you will connect with others and be introduced to healthy ways of managing internal distress and relationship conflict.

Cost \$105 (FREE with referral)

DATE Every Thursday 17/10 to 5/12

TIME 6:30pm - 8:30pm (8 sessions)

VENUE Hearts & Minds Hub, Northcote

FACILITATOR - TBC

