



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

(Formerly known as Raeburn House)

MINDFULNESS, SELF-COMPASSION AND ACT (ACCEPTANCE COMMITMENT THERAPY)

Practicing Mindfulness is a way of reducing stress and developing a greater balance in life. Learn breathing and body scan relaxation techniques as well as thinking styles which focus more on the present. Participants will learn Mindfulness and ACT techniques to deal with difficult emotions and challenging relationships. ACT approaches focus on accepting what is out of your control and learning to minimise the negative impact of negative thoughts, while at the same time strengthening that which motivates you to have a better life. The focus will be on how to motivate oneself with kindness and self-compassion rather than self-criticism.

LIMITED PLACES

Early enrolment is essential.

DATE Every Wednesday, 20th February to 10th April

TIME 7:00pm - 9:00 (8 sessions)

VENUE Walsh Trust,
8 Hickory Ave, Henderson

COST \$105

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 SONIA LOPEZ

*(BECE, Post Graduate Diploma Counselling,
MNZAC - Provisional)*

Sonia is a qualified Narrative and Collaborative Therapist (Post Grad Dip Counselling) and is experienced in working with anxiety, depression, trauma, low self-esteem, and relationship issues.

Sonia has a keen interest in group processes and the healing that participation, and interpersonal learning can bring to the client.



For more information and registration, please contact
Hearts & Minds

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E-MAIL learning@heartsandminds.org.nz

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