



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

(Formerly known as Raeburn House)

MOVING PAST DEPRESSION & ANXIETY GROUP

This group will provide a safe and confidential place to talk and develop coping skills and a toolbox to build resilience. Includes CBT (Cognitive Behavioural Therapy) complimented by Mindfulness skills.

Participants will also learn how to resolve conflict in a more helpful way using the psychological techniques of the Karpman Triangle model. Nicola will discuss how one can disagree but in a constructive rather than destructive manner.

LIMITED PLACES

Early enrolment is essential.

- DATE** Every Thursday, 7th March to 11th April
- TIME** 6:30pm - 8:30pm (6 sessions)
- VENUE** Hearts & Minds Hub,
65 Pearn Crescent, Northcote
- COST** \$95



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.

FREE

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

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(Valid for 1 year for up to 2 groups per term).

For more information and registration, please contact
Hearts & Minds

PHONE 09 441 8989

E-MAIL learning@heartsandminds.org.nz

WEB www.heartsandminds.org.nz