

Ongoing Wellbeing Support Group at the Hearts & Minds Community Hub (2019 Term 1)



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: 02108073293

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.

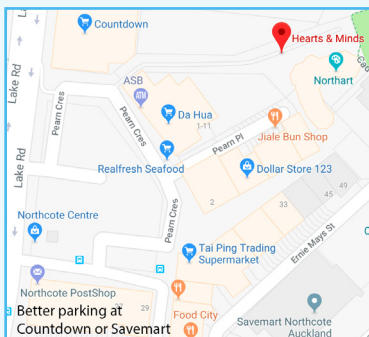
Day Group:

Every Thursday all year 11:00am - 12:15pm

**\$5
Donation Appreciated**



Enjoy a hot drink with other group attendees



Better parking at
Countdown or Savemart

65 Pearn Crescent, Northcote



Park in the Savemart carpark, on Ernie Mays St, next to the Northcote Library.