



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

DEPRESSION & ANXIETY (CBT & ACT APPROACH APPLIED)

Develop skills to manage anxiety and depression. This group will provide a safe and confidential place to talk and develop coping skills. Cognitive Behaviour Therapy (CBT) skills will focus on replacing the intrusive thoughts which are making your life harder, with more helpful ways of thinking. Mindfulness approaches will teach you breathing, body scan and relaxation techniques as well as thinking styles which focus more on the present. Acceptance Commitment Therapy (ACT) will support you to accept what needs to be 'made room for' while learning to minimise the negative impact of unhelpful thoughts, and strengthen that which motivates you to have a better life.

LIMITED PLACES

Early enrolment is essential.

DATE	Every Wednesday, 1st May to 12th June
TIME	10:30am - 12:30pm (7 sessions)
VENUE	HBC Youth Centre, 214D Hibiscus Coast Highway, Orewa
COST	\$100

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 HELEN HUSTON

(BCounselling, Dips.Couns. Cert.Psych & Couns, MNZCCA)

Helen is a registered counsellor, play therapist and parenting consultant.

She believes that individuals often present with problems that overwhelm their lives, interfere with their relationships and blind them to their skills, strengths and values. Helen is passionate about helping people claim their lives back from the influence of these problems and to live life more fully.



For more information and registration, please contact
Hearts & Minds

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