



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

DEPRESSION & ANXIETY (A CBT & MINDFULNESS APPROACH)

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 resolution skills and techniques. Nicola will discuss how one can disagree but in a constructive rather than destructive manner.

LIMITED PLACES

Early enrolment is essential.

- DATE** Every Wednesday, 1st May to 12 June
- TIME** 10:30am - 12:30pm (7 sessions)
- VENUE** Manutewhau Community House
74B Oreil Ave, West Harbour,
Auckland 0618
(Hobsonville Road & Royal Heights
off ramp)
- COST** \$100



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

