



# Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

## CALMING THE ANXIOUS MIND

This group is designed to help you with finding ways to manage anxiety. Similar to other anxiety-themed groups offered the focus is on understanding and managing anxiousness, particularly when you encounter this in social situations.

Our experienced and well-qualified facilitator Crystal Curran will give some background on how distressing thoughts can come about, turn into patterns, and shape our mood. You will also be introduced to proven skills drawn from CBT (Cognitive Behaviour Therapy) and ACT (Acceptance and Commitment Therapy) that are known to calm an anxious mind. Within the security of the group, you will have the opportunity to practice these new strategies before integrating these into your daily life. This group will also create a space where new connections can be formed with like-minded people.

### LIMITED PLACES

Early enrolment is essential.

- DATE** Every Thursday, 8th August to 26th September
- TIME** 12:30pm - 2:30pm (8 sessions)
- VENUE** HBC Youth Centre,  
214D Hibiscus Coast Highway,  
Orewa
- COST** \$105

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

(Valid for 1 year for 1 group per term).



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### ABOUT CRYSTAL CURRAN

MAAT Hons (Clinical), AThR, ANZACATA, PG Dip  
Distinction (Counselling), MNZAC

Born in New Zealand, but raised in Austria, Crystal returned to Aotearoa as a young woman – and stayed! She draws on her own life story, other people's learning, and her interest in culture to inspire her personally (all people are valuable) and professionally (all people experience difficult times).

Crystal graduated with a diploma in Fine Arts, a Teaching Diploma, a PG Dip in Counselling, and a Master's Degree with Hons in Clinical Arts Therapy. Working predominantly from a psychotherapeutic background, she also draws from other modalities such as CBT, ACT and REBT to find the "best fit" for her clients' needs, encouraging authenticity, self-respect and an attitude of 'having a go'.

To register contact  
Hearts & Minds

**PHONE** 09 441 8989

**E-MAIL** [learning@heartsandminds.org.nz](mailto:learning@heartsandminds.org.nz)

**WEB** [www.heartsandminds.org.nz](http://www.heartsandminds.org.nz)