Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

MANAGING EMOTIONS AND FINDING BALANCE

Experiencing a whole scale of emotions, good and bad, is part of who we are. However, when distressing emotions take the lead on life's stage, it can affect our sense of wellbeing and affect our relationships with others.

In this group, you will be introduced to various Emotional Regulation techniques that you can 'test out' within the group setting before adopting these into your day-to-day life. You will learn techniques to increase your emotional resilience by adopting new ways of thinking (drawn from CBT, Cognitive Behavioural Therapy), choosing suitable coping techniques (Mindfulness) and committing to it (ACT, Acceptance & Commitment Therapy). While our experienced and well-qualified facilitator, Amy McDonald, will present the information and practical tools for you to manage your emotions in a more balanced manner, it will be the whole group providing the necessary space and support to encourage change.

LIMITED PLACES
Early enrolment is essential.

DATE Every Monday, 5th August to 23rd September

TIME 6:30pm - 8:30pm (8 sessions)

VENUE Walsh Trust, 8 Hickory Ave, Henderson

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 AMY MCDONALD
(BA, Post Grad Dip Counselling, MNZAC)

Amy uses CBT and DBT tools as a means to discover insight, develop new ways of seeing and relating to self/others, and to manage strong emotions. She also incorporates the principals of ACT and Mindfulness into her practice. Amy has extensive group experience and believes in the power and potency of group work to change lives for the better. Amy's approach is flexible, non-judgemental, creative, culturally sensitive, and she works from a stance of openness curiosity and respect.

To register contact Hearts & Minds

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