



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

TAMING EMOTIONS

This group is designed to help you with finding ways to manage difficult emotions, such as depression and anxiety. The focus is on understanding and managing distressing states of mind, and learning skills to manage better during these times, but with a stronger emphasis on gaining more understanding as to why we react the way we do.

Our experienced and well-qualified facilitator Ana Sharpe will draw from proven therapeutic approaches such as CBT (Cognitive Behaviour Therapy), Positive Psychology and Mindfulness to present various techniques to calm your emotions. You will have the opportunity to discuss and practice some of these before integrating them into your daily life. The group environment offers a safe and confidential space where you are supported in your pursuit of self empowerment, and to forge new connections with like-minded people.

LIMITED PLACES

Early enrolment is essential.

DATE Every Wednesday, 7th August to 25th September

TIME 7:00pm - 9:00pm (8 sessions)

VENUE Hearts & Minds Hub,
65 Pearn Crescent, Northcote

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 ANA SHARPE

BA DipSocSci (Psychology), Mcouns, MNZAC

Coming from Scotland and growing up in New Zealand, I carry two cultures with me. This helps me to understand a wide variety of people, situations, and needs. And having lived and taught both overseas and in New Zealand, I never cease to be fascinated by people, their lives and their courage.

Qualification-wise, I have a Masters in Counselling (1st Class Hons), a B. A., and a Diploma in Social Sciences (Psychology). I have a special interest in emotional wellbeing, such as what does wellbeing look like (increasing our knowledge), how we can achieve it (looking at all areas of our lives), and how to maintain it via self-care techniques. I enjoy assisting people in their pursuit of personal wellbeing and celebrating personal breakthrough.



To register contact
Hearts & Minds

PHONE 09 441 8989

E-MAIL learning@heartsandminds.org.nz

WEB www.heartsandminds.org.nz