




OUR VENUES

WAITAKERE/WEST HARBOUR	
<p>Walsh Trust 8 Hickory Avenue, Henderson 0612</p>	
<p>Massey Community Hub 385 Don Buck Road, Massey 0614</p>	
<p>Manutewhau Community House 74 Oreil Avenue, West Harbour 0618</p>	

NORTH SHORE	
<p>Highbury House 110 Hinemoa Street, Birkenhead, Auckland 0626</p>	
<p>Sunnynook Community Centre 148 Sycamore Drive, Sunnynook 0620</p>	

OREWA	
<p>Hibiscus Coast Community House 214 Hibiscus Coast Highway, Orewa 0932</p>	

JOIN A COMMUNITY GROUP

GLOBAL FOOD AND FRIENDS CASUAL DROP IN

All Welcome!

- Learn about Kiwi culture and make new friends
- Find out how local services can help you to settle in NZ
- Try foods from around the world and bring a small plate of finger food to share
- Wide range of speakers and activities
- Cost **FREE**



VENUE Hearts & Minds Hub, Northcote

EMAIL info@heartsandminds.org.nz

* If interested in attending, please email for confirmation of the start date

No referral necessary. Just come along!

Hearts & Minds Hub

 (09) 441 8989

 learning@heartsandminds.org.nz

Fax: (09) 441 8988

WELLBEING

"When people and communities have the psychological, social, spiritual, and physical resources to meet life's challenges, and thrive."

Hearts & Minds
March 2018



Waitematā
District Health Board

Best Care for Everyone



Scan to visit our website

WELLBEING & RESILIENCE GROUPS TERM 1

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

Groups in Orewa, Waitakere
and North Shore

February to April 2021



Hearts & Minds
PEOPLE • FAMILIES • COMMUNITIES

www.heartsandminds.org.nz

WAITAKERE

BUILDING SELF ESTEEM DURING CHALLENGING TIMES

Group 1

This group aims to encourage a more positive and resilient sense of self. You will be introduced to approaches such as Positive Psychology, Mindfulness, Personality Types and learn strategies that will help you identify your personal values and improve your self care and relationships.

Cost \$100 (FREE with referral)



DATE Every Monday 22/2 to 29/3
TIME 6:30pm - 8:30pm (6 sessions)
VENUE Walsh Trust, Henderson
WITH **Karen Venter** MA Clinical Psych, MSocSci Psych, HED

(Higher Education Diploma, PgDId)

MANAGING ANXIETY IN TIMES OF STRESS

Group 2

This group offers a safe space to manage depressive and anxious states of mind. By drawing from established therapeutic approaches*, you will be introduced to healthy ways of managing internal distress, relationship conflict and connecting with others.

Cost \$105 (FREE with referral)



DATE Every Wednesday 24/2 to 31/3
TIME 10:30am - 12:30pm (6 sessions)
VENUE Manutewhau Community House, West Harbour (Hobsonville Road & Royal Heights off ramps)

WITH **Nicola Duncan** BA Hons, Post Grad Dip CBT, MNZAC

* CBT (Cognitive Behavioral Therapy), Sensory Modulation, Mindfulness

MANAGING STRESS WITH MINDFULNESS

Group 3

Mindfulness is a proven way of reducing stress and improving overall wellbeing. You will be introduced to tools and practices* which will support you to manage stress and encourage an attitude of self-compassion.

Cost \$

This group has been cancelled



DATE Every Wednesday 24/2 to 31/3
TIME 10:30am - 12:30pm (6 sessions)
VENUE Massey Community Hub
WITH **Sonia Lopez**

BECE, Post Grad Dip Counselling, MNZAC

* Mindfulness, Mindful Self Compassion, ACT

NORTH SHORE

BUILDING SELF ESTEEM DURING CHALLENGING TIMES

Group 4

This group aims to encourage a more positive and resilient sense of self. You will be introduced to approaches such as Positive Psychology, Mindfulness, Personality Types and learn strategies that will help you identify your personal values and improve your self care and relationships.

Cost \$100 (FREE with referral)



DATE Every Thursday 4/3 to 8/4
TIME 6:30pm - 8:30pm (6 sessions)
VENUE Highbury House, Birkenhead
WITH **Karen Venter** MA Clinical Psych, MSocSci Psych, HED

(Higher Education Diploma, PgDId)

MANAGING STRESS FOR POSITIVE WELL-BEING

Group 5

In a busy world stress can often creep up on us. Learn about stress, how to recognize it and how it affects us emotionally, physically, psychologically and socially. Develop positive coping strategies, tools and techniques to help you manage stress and anxiety to support your self-esteem and wellbeing.

Cost \$100 (FREE with referral)



DATE Every Monday 1/3 to 29/3
TIME 12:30pm - 2:30pm (5 sessions)
VENUE Sunnynook Community Centre, Sunnynook

WITH **Maria Thorndyke**

Dip Person Centered, Dip Sach Hyp - Psych/Hyp & NLP, MICP

OREWA

ART THERAPY

Group 6

Art Therapy is a gentle way of tapping into and expressing feelings. Where words may fail, the creative act can bring about new insights and in turn, improve self-awareness and confidence. In this group you will also further your understanding of how the art process can help you connect with yourself and others (No art experience or knowledge required).

Cost \$105 (FREE with referral)



DATE Every Friday 12/2 to 19/3
TIME 4:00pm - 6:00pm (6 sessions)
VENUE Hibiscus Coast Community House, Orewa
WITH **Mariana Torkington** Certificate in Counselling, MAAT Hons (clinical), ANZACATA

MANAGING ANXIETY & DEPRESSION

Group 7

This group offers a safe space to manage depressive and anxious states of mind. By drawing from established therapeutic approaches*, you will be introduced to healthy ways of managing internal distress, relationship conflict and connecting with others.

Cost \$105 (FREE with referral)



DATE Every Thursday 11/2 to 8/4
TIME 6:30pm - 8:30pm (8 sessions)
VENUE Hibiscus Coast Community House, Orewa

WITH **Nicola Duncan** BA Hons, Post Grad Dip CBT, MNZAC

* CBT (Cognitive Behavioral Therapy), Sensory Modulation, Mindfulness

ONLINE

MANAGING STRESS FOR POSITIVE WELL-BEING

Group 8

This online Zoom group focuses on recognising challenging thoughts, emotions and how to regain a sense of well-being. Learn about stress, how it affects our relationships and our emotional, psychological and physical wellbeing. Develop positive coping strategies, tools and techniques to help you manage stress and anxiety to improve your self-care and self-esteem.

Cost \$95 (FREE with referral)



DATE Every Tuesday 23/2 to 30/3
TIME 7:00pm - 8:30pm (6 sessions)
VENUE Online-based (via Zoom)
WITH **Maria Thorndyke**

Dip Person Centered, Dip Sach Hyp - Psych/Hyp & NLP, MICP

PARENTING TWEENS & TEENS THROUGH STRESS & ANXIETY

Group 9

In a time of great change young people's stress and anxiety is increasing. This online Zoom groups supports parents to manage the challenges that parenting young people aged 11 – 18 can bring.

The group is designed to help parents develop tools to help their children manage stress and anxiety.

Cost TBC

This group has been cancelled



DATE TBC
TIME 7:00pm - 8:00pm (4 sessions)
VENUE Online-based (via Zoom)
WITH TBC

* Participants must be 18 years or over and either live in the WDHB catchment area or access health services in the area.

* All Groups are FREE with a Doctor or Health Professional referral (valid for 1 year)