





## OUR VENUES

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

NORTH SHORE	
<p><b>Hearts &amp; Minds Community Hub</b> 65 Pearn Crescent, Northcote 0627 (beside Library)</p>	
<p><b>Highbury House</b> 110 Hinemoa Street, Birkenhead, Auckland 0626</p>	
<p><b>Sunnynook Community Centre</b> 148 Sycamore Drive, Sunnynook 0620</p>	

OREWA	
<p><b>Estuary Arts Centre</b> 214 Hibiscus Coast Highway, Orewa 0931</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](mailto: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](mailto: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 2

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

Groups in Orewa, Waitakere  
and North Shore

**May to July 2021**



**Hearts & Minds**

PEOPLE • FAMILIES • COMMUNITIES

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

## WAITAKERE

### MANAGING STRESS & ANXIETY - A WELLBEING TOOLBOX - Group 1

Reduce stress and improve your overall wellbeing. This group will introduce you to tools and practices which will support you to manage stress and encourage an attitude of self compassion. Cost \$105 (**FREE** with referral)

**DATE** Every Monday 17/5 to 12/7

\* no session Mon 7th June

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

**VENUE** Walsh Trust, Henderson

**WITH** **Sonia Lopez** *BECE Post Grad Dip Counselling, MNZAC*

\* CBT, Sensory Modulation, Mindfulness



### MANAGING ANXIETY & DEPRESSION - A WELLBEING TOOLBOX - Group 2

This group offers a safe space to manage depressive and anxious states of mind. Drawing from established therapeutic approaches\*, you will be introduced to healthy ways of managing internal distress, relationships and connecting with others. Cost \$105 (**FREE** with referral)

**DATE** Every Wednesday 19/5 to 7/7

**TIME** 10:30am - 12:30pm (8 sessions)

**VENUE** Manutewhau Community House,  
West Harbour (Hobsonville  
Road & Royal Heights off ramps)

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

\* CBT, Sensory Modulation, Mindfulness



### MANAGING STRESS & ANXIETY - A WELLBEING TOOLBOX - Group 3

Reduce stress and improve your overall wellbeing. This group will introduce you to tools and practices\* which will support you to manage stress and encourage an attitude of self compassion. Cost \$105 (**FREE** with referral)

**DATE** Every Tuesday 18/5 to 6/7

**TIME** 10:30am - 12:30pm (8 sessions)

**VENUE** Massey Community Hub

**WITH** **Sonia Lopez**

*BECE, Post Grad Dip Counselling, MNZAC*

\* Mindfulness, Mindful Self Compassion, ACT



## NORTH SHORE

### BUILDING SELF ESTEEM FOR POSITIVE WELLBEING Group 4

This group aims to encourage a more positive and resilient sense of self. You will explore Positive Psychology, Mindfulness, Personality Types and learn strategies that will help you identify your personal values and improve self-care and relationships. Cost \$105 (**FREE** with referral)

**DATE** Every Thursday 13/5 to 1/7

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

**VENUE** Highbury House, Birkenhead

**WITH** **Karen Venter** *MA Clinical Psych, MsocSci Psych, HED*



### PARENTING TWEENS AND TEENS THROUGH STRESS AND ANXIETY Group 5

In a time of great change young people's stress and anxiety is increasing. This group supports parents to manage the challenges that parenting young people aged 11-18 can bring. This group is a supportive space to learn strategies and develop tools to help parent young people through challenging times. Cost **FREE**

**DATE** Every Wednesday 26/5 to 16/6

**TIME** 10:30am - 12:30pm (4 sessions)

**VENUE** Hearts & Minds Community Hub,  
Northcote

**WITH** **Keri Woods** *MA Psych, Post Grad Dip Counselling,  
Dip Tchg, NZAC (Prov Member)*



### 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 Tuesday 25/5 to 29/6

**TIME** 12:30pm - 2:30pm (6 sessions)

**VENUE** Hearts & Minds Community Hub,  
Northcote

**WITH** **Angie Richardson** *BA Edu, MAAT (Clinical) ANZACATA,  
NZTC*



### BUILDING SELF ESTEEM FOR POSITIVE WELLBEING Group 7

This group aims to encourage a more positive and resilient sense of self. You will explore Positive Psychology, Mindfulness, Personality Types and learn strategies that will help you identify your personal values and improve self care and relationships. Cost \$100 (**FREE** with referral)

**DATE** Every Monday 17/5 to 5/7

\* no session Mon 7th June

**TIME** 12:30pm - 2:30pm (7 sessions)

**VENUE** Sunnynook Community Centre

**WITH** **Karen Venter** *MA Clinical Psych, MsocSci Psych, HED*



## OREWA

### MANAGING ANXIETY & DEPRESSION Group 8

This group offers a safe space to manage depressive and anxious states of mind. Drawing from established therapeutic approaches\*, you will be introduced to healthy ways of managing internal distress, relationships and connecting with others. Cost \$105 (**FREE** with referral)

\* CBT, Sensory Modulation, Mindfulness

**DATE** Every Thursday 20/5 to 8/7

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

**VENUE** Estuary Arts Centre Orewa

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



## ONLINE

### THE SELF ESTEEM & CONFIDENCE TOOLBOX Group 9

This 6 week programme focuses on providing tools and techniques to help develop an understanding of self-esteem and confidence. Through the group you will learn about your personal strengths, abilities and positive qualities and gain an understanding of how judgments, assertiveness, and body language can impact on self-esteem and wellbeing.

Cost \$100 (**FREE** with referral)

**DATE** Every Monday 3/5 to 14/6

\* no session Mon 7th June

**TIME** 7:00pm - 8:30pm (6 sessions)

**VENUE** Online (via Zoom)

**WITH** **Maria Thorndyke** *Dip Person Centred, Dip Sach Hyp,  
Psych/Hyp & NLP, MICPMNZAC*



\* 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)