

## OUR VENUES

### WAITAKERE/WEST HARBOUR

#### Massey Community Hub

385 Don Buck Road, Massey 0614



### NORTH SHORE

#### Hearts & Minds Community Hub

65 Pearn Crescent, Northcote 0627  
(beside Library)



#### Sunnynook Community Centre

148 Sycamore Drive, Sunnynook 0620



### OREWA

#### The Haven

4 Hibiscus Coast Highway, Silverdale  
0993



## WELLBEING

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

Hearts & Minds  
March 2018

## WELLBEING SERVICE

Our Wellbeing Support Coordinators can assist you to find support and resources available to you and your whanau in the community. This solution-focused service provides confidential information and support across multiple platforms: in-person, over the phone 09 4418989, via email: [info@heartsandminds.org.nz](mailto:info@heartsandminds.org.nz) and through our online Support Services Directory which you can access through our website. [www.heartsandminds.org.nz](http://www.heartsandminds.org.nz)

At Hearts & Minds we recognise that at some point, most people experience a personal, family or life situation that challenges their sense of wellbeing. So when "life happens" Hearts & Minds provides information and support to build the inner resilience of people, families and communities. If you are interested in finding out about the supports available to you in the community, please get in touch.



### Hearts & Minds Hub

☎ (09) 441 8989

✉ [learning@heartsandminds.org.nz](mailto:learning@heartsandminds.org.nz)

Fax: (09) 441 8988



Waitematā  
District Health Board

Best Care for Everyone



Scan to visit our website

## WELLBEING & RESILIENCE GROUPS TERM 3

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

Groups in Orewa, Waitakere  
and North Shore

July to September 2021



Hearts & Minds  
PEOPLE • FAMILIES • COMMUNITIES

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

# WAITAKERE

## ART THERAPY Group 1

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 Monday 26/7 to 13/9  
**TIME** 6:30pm - 8:30pm (8 sessions)  
**VENUE** TBC  
**WITH** **Angie Richardson** BA Edu, MAAT (Clinical) ANZACATA, NZTC



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

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 10/8 to 28/9  
**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

## ART THERAPY Group 3

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 27/7 to 14/9  
**TIME** 12:30pm - 2:30pm (8 sessions)  
**VENUE** Hearts & Minds Community Hub, Northcote  
**WITH** **Angie Richardson** BA Edu, MAAT (Clinical) ANZACATA, NZTC



## 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 Monday 2/8 to 20/9  
**TIME** 12:30pm - 2:30pm (8 sessions)  
**VENUE** Sunnynook Community Centre  
**WITH** **Karen Venter** MA Clinical Psych, MsoSci Psych, HED



## YOUNG ADULTS ART THERAPY (AGES 18 -25) Group 5

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 27/7 to 14/9  
**TIME** 4:00pm - 6:00pm (8 sessions)  
**VENUE** Hearts & Minds Community Hub, Northcote  
**WITH** **Angie Richardson** BA Edu, MAAT (Clinical) ANZACATA, NZTC



# OREWA

## MANAGING ANXIETY & DEPRESSION Group 6

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 12/8 to 30/9  
**TIME** 6:30pm - 8:30pm (8 sessions)  
**VENUE** The Haven, Silverdale  
**WITH** **Nicola Duncan** BA Hons, Post Grad Dip CBT, MNZAC



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

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

## MANAGING STRESS AND ANXIETY A MOTHER'S WELLBEING TOOLBOX (FOR MUM'S OF CHILDREN UNDER 1 YEAR) Group 7

New to motherhood? This child-friendly group offers new mums a safe space to talk about the stress and challenges becoming a new parent brings. Bring your baby to a beautiful, motherhood friendly environment, connect with others and learn strategies to build self-confidence and support your own wellbeing. Cost \$100 (FREE with referral)

**DATE** Every Monday 16/8 to 13/9  
**TIME** 10:30am - 12:30pm (5 sessions)  
**VENUE** The Haven, Silverdale  
**WITH** **Keri Woods** MA Psych, Post Grad Dip Counselling, Dip Tchg, NZAC (Prov Member)



# ONLINE

## THE SELF ESTEEM & CONFIDENCE TOOLBOX Group 8

This 6 week programme focuses on providing tools and techniques to help develop an understanding of self-esteem and confidence. Through the group approaches \* 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)

\* CBT, Visualisation, Mindfulness

**DATE** Every Monday 2/8 to 6/9  
**TIME** 6:30pm - 8:00pm (6 sessions)  
**VENUE** Online (via Zoom)  
**WITH** **Maria Thorndyke** Dip Person Centred, Dip Sach Hyp, Psych/Hyp & NLP, MICPMNZAC



## MANAGING STRESS FOR POSITIVE WELLBEING Group 9

This online Zoom group focuses on recognising challenging thoughts, emotions and how to regain a sense of wellbeing. 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 \$100 (FREE with referral)

**DATE** Every Tuesday 10/8 to 14/9  
**TIME** 10:30am - 12:00pm (6 sessions)  
**VENUE** Online (via Zoom)  
**WITH** **Maria Thorndyke** Dip Person Centred, Dip Sach Hyp, Psych/Hyp & NLP, MICPMNZAC

