

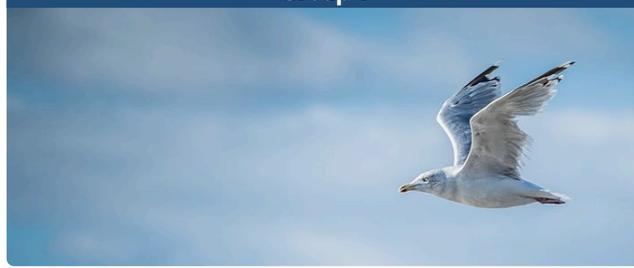
POSITIVE WELLBEING & RESILIENCE Group 7



This online Zoom group will encourage and promote a more positive 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 14/2 to 28/3
TIME 12:30pm - 2:00pm (7 sessions)
WITH **Karen Venter** MA Clinical Psych, MsocSci Psych, HED

MANAGING STRESS & ANXIETY - A WELLBEING TOOLBOX - Group 9



This online Zoom group will focus on reducing stress and improving 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 \$100 (**FREE** with referral)

DATE Every Monday 14/2 to 28/3
TIME 6:30pm - 8:00pm (7 sessions).
WITH **Sonia Lopez**
BECE, Post Grad Dip Counselling, MNZAC

* Mindfulness, Mindful Self Compassion, ACT

* Participants must be 18 years old or over and either live in the WDHB catchment area (Waitakere, North Shore, Rodney) or access health services in the area.

* For those under 18 years old looking for support, please contact us to explore options.

* All groups are free with a Doctor, Health Professional or Community Organisation Referral (valid for 1 year).

MANAGING STRESS FOR POSITIVE WELLBEING Group 8



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 Monday 14/2 to 28/3
TIME 6:30pm - 7:30pm (7 sessions)
WITH **Maria Thorndyke** Dip person centered, Dip Sach Psych, Dip Clinical Sup, reg ICP

Hearts & Minds Hub

☎ (09) 441 8989
✉ 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 1

***FREE
WITH A
REFERRAL**

Online Groups February to March 2022



Hearts & Minds
Manawa Ora me te Hinengaro
Strengthening the Wellbeing of People and Communities

www.heartsandminds.org.nz

MANAGING STRESS FOR POSITIVE WELLBEING Group 1



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 8/2 to 22/3
TIME 10:30am - 11:30am (7 sessions)
WITH **Maria Thorndyke** *Dip person centered, Dip Sach Psych, Dip Clinical Sup, reg ICP*

ART THERAPY Group 3

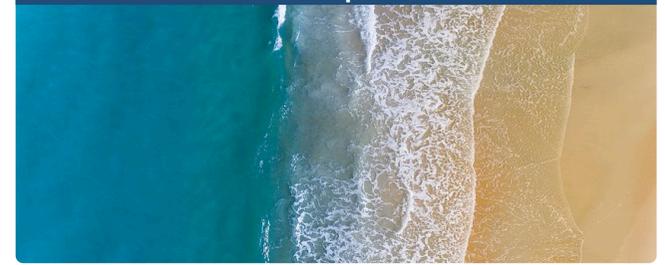


This online Zoom Art Therapy group is a gentle way of tapping into and expressing feelings. Where words may fail, the creative act can bring about new insights and in turn improve self-awareness and confidence. In this group you will also further your understanding of how the Art process can help you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

Cost \$105 (FREE with referral).

DATE Every Tuesday 8/2 to 29/3
TIME 6:30pm - 8:00pm (8 sessions)
WITH **Angie Richardson** *BA Edu, MAAT (Clinical) ANZACATA, NZTC*

MANAGING STRESS & ANXIETY - A WELLBEING TOOLBOX - Group 5



This online Zoom group will focus on reducing stress and improving 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 \$100 (FREE with referral)

DATE Every Thursday 10/2 to 24/3
TIME 10:30am - 12:00pm (7 sessions).
WITH **Sonia Lopez**
BECE, Post Grad Dip Counselling, MNZAC

* Mindfulness, Mindful Self Compassion, ACT

ART THERAPY Group 2



This online Zoom Art Therapy group 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 8/2 to 29/3
TIME 12:30pm - 2:00pm (8 sessions)
WITH **Angie Richardson** *BA Edu, MAAT (Clinical) ANZACATA, NZTC*

POSITIVE WELLBEING & RESILIENCE Group 4



This online Zoom group will encourage and promote a more positive 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 Wednesday 9/2 to 23/3
TIME 6:30pm - 8:00pm (7 sessions)
WITH **Karen Venter** *MA Clinical Psych, MsocSci Psych, HED*

MANAGING ANXIETY & DEPRESSION Group 6



This online Zoom groups 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 \$100 (FREE with referral).

DATE Every Thursday 10/2 to 24/3
TIME 6:30pm - 8:00pm (7 sessions)
WITH **Nicola Duncan** *BA Hons, Post Grad Dip CBT, MNZAC*

* CBT, Sensory Modulation, Mindfulness