



WELLBEING & RESILIENCE COURSES AND GROUPS

IN-PERSON AND ONLINE

FEBRUARY–JUNE 2023



 = IN=PERSON

 = ONLINE

MANAGING STRESS, ANXIETY & CHANGE

ONLINE

This course will provide you with the understanding of how to manage stress, anxiety and change in your life. It will provide tools, techniques, and coping mechanisms to utilise when difficult situations occur, enabling you to manage your stress and anxiety effectively.

DATES	TIMES	WEEKS
 Thursdays 2–23 Feb	10.00am–11.30am	4
 Tuesdays 7–28 Feb	6.00pm–7.30pm	4
 Mondays 27 Feb – 20 March	6.00pm–7.30pm	4
 Tuesdays 2–23 May	6.00pm–7.30pm	4
 Thursdays 4–25 May	10.00am–11.30am	4



FACILITATOR

Maria Thorndyke Dip PC Couns, Dip Sach Psych, Dip Clinical Sup, Reg ICP

HEALTHY RELATIONSHIPS

IN-PERSON AND ONLINE

Healthy relationships are important for our mental wellbeing. This course will explore ways to have healthy relationships with ourselves and others. It will look at keeping safe in your personal and work relationships, effective communication, handling conflict constructively and nurturing your important relationships.

DATES	TIMES	WEEKS
 Wednesdays 1–22 Feb	10.00am–12.00pm	4
 Thursdays 2–23 Feb	6.30pm–8.00pm	4

VENUE

Sunnynook Community Centre, 148 Sycamore Drive, Sunnynook



FACILITATOR

Nicola Duncan BA Hons, Post Grad Dip CBT, MNZAC

GOAL SETTING & CONFIDENCE FOR YOUNG ADULTS (18–24)

ONLINE

This course will provide you with ways to learn to create a positive mindset to help you achieve your goals and dreams. It will include exploring the things that you love to do; how to set goals and keep on track; developing a strong mindset for self-belief and self-confidence and learning how to ride the storm when things don't go to plan.

DATES	TIMES	WEEKS
 Tuesdays 7–28 Feb	6.00pm–7.30pm	4
 Tuesdays 2–23 May	6.00pm–7.30pm	4



FACILITATOR

Lisa Mitchell BSocSc (Hons)

PARENTING TWEENS & TEENS THROUGH STRESS & ANXIETY

ONLINE

This course helps parents manage the challenges that parenting young people aged 11–18 years can bring. Our facilitator will provide a supportive space to learn strategies and tools to help you parent young people through the challenges they face.

DATES	TIMES	WEEKS
 Thursdays 2–23 Feb	7.00pm–8.30pm	4
 Thursdays 9–30 March	7.00pm–8.30pm	4
 Thursdays 8–29 June	7.00pm–8.30pm	4

FACILITATOR

Laverne Robinson BSocPrac Counselling, Cert Sup Coaching, ANZCAL

RESILIENCE & MANAGING EMOTIONS

IN-PERSON AND ONLINE

This course will encourage you to explore positive psychology, mindfulness, personality types and learn strategies that will help you manage difficult emotions. You will learn how to identify your personal values and improve self-care and relationships.

DATES	TIMES	WEEKS
 Wednesdays 1–22 Feb	7.00pm–8.30pm	4
 Mondays 13 Feb – 3 April	12.30pm–2.30pm	8
 Wednesdays 8–29 March	7.00pm–8.30pm	4
 Mondays 1 May – 26 June*	12.30pm–2.30pm	8
 Wednesdays 3–24 May	7.00pm–8.30pm	4

*Not running on Monday 5 June due to stat holidays.

VENUE

Sunnynook Community Centre, 148 Sycamore Drive, Sunnynook



FACILITATOR

Karen Venter MA Clinical Psych, MSocSci Psych, HED

SELF-CARE TODAY

ONLINE

This course will cover topics including understanding stress, burnout and setting boundaries, including an introduction to mindfulness and meditation to focus the mind. You will also learn about resilience, what it is and how to strengthen it, and the value of deep rest and relaxation.

DATES	TIMES	WEEKS
 Tuesdays 7–28 March	12.30pm–2.00pm	4
 Tuesdays 6–27 June	12.30pm–2.00pm	4

FACILITATOR

Lisa Mitchell BSocSc (Hons)

MEN'S GROUP – LET'S MEET AND HAVE SOME CONVERSATION

IN-PERSON

This is a relaxed and informal group where you are invited to come and meet others and join in the conversation. At the same time, you will be able to learn some coping mechanisms to help you manage other challenges that you may be facing.

DATES	TIMES	WEEKS
 Mondays 27 Feb – 3 April	6.15pm–8.15pm	6

VENUE

Hearts & Minds Community Hub, 65 Pearn Crescent, Northcote





FACILITATOR

Matthew Flynn MNZAC LLB /Post Graduate Counselling

CREATIVE ARTS THERAPY FOR WELLBEING

IN-PERSON

The process of art making, including creative writing, can bring about new insights and improve self-awareness. It can offer a gentle and playful way of expressing your thoughts and feelings. No art skills required, just a willingness to experiment and explore through the art interventions and themes offered.

DATES	TIMES	WEEKS
 Tuesdays 7 Feb – 28 March	12.30pm–2.30pm	8
 Tuesdays 7 Feb – 28 March	6.00pm–8.00pm	8
 Tuesdays 2 May – 20 June	12.30pm–2.30pm	8
 Tuesdays 2 May – 20 June	6.00pm–8.00pm	8

VENUE

Hearts & Minds Community Hub, 65 Pearn Crescent, Northcote

FACILITATOR

Angie Richardson BEd, MAAT (Clinical) ANZACATA, NZTC

MANAGING DEPRESSION & ANXIETY

IN-PERSON

This course 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.

DATES	TIMES	WEEKS
 Wednesdays 3 May – 21 June	10.30am–12.30pm	8

VENUE

Salvation Army, 32 Greenview Lane, Red Beach

FACILITATOR

Nicola Duncan BA Hons, Post Grad Dip CBT, MNZAC

WELLBEING TOOLKIT FOR YOUNG ADULTS (18–24)

IN-PERSON

This course will cover a range of useful strategies to improve your wellbeing, including understanding how your brain functions and what shapes us as individuals. It will explore the challenges in your life and provide you with tools to manage your stress, anxiety and build your confidence.

DATES	TIMES	WEEKS
 Thursdays 4–25 May	6.00pm–8.00pm	4

VENUE

West Community Hub, 9 Henderson Valley Road, Henderson

FACILITATOR

Matthew Flynn MNZAC LLB /Post Graduate Counselling

STRESS MANAGEMENT FOR CHRONIC PAIN

ONLINE

Living with chronic pain can bring many challenges which can be stressful to navigate. We will focus on recognising the links between the brain, pain and stress and cover topics including: training the brain to reduce the severity and frequency of pain flare-ups, introducing specific skills to cope with pain and managing stress. Please note that this group is designed to complement the support you are receiving from medical practitioners for physical pain, rather than replace it.

DATES	TIMES	WEEKS
 Thursdays 4 May – 6 July	6.30pm–8.00pm	10


FACILITATOR

Nicola Duncan BA Hons, Post Grad Dip CBT, MNZAC

UNDERSTANDING ANGER

IN-PERSON

Anger is a normal healthy emotion; however, it can become a problem if you are finding it difficult to control. This group will provide an opportunity to discuss how anger can be causing difficulties in your life, understanding the causes of it and provide you with some simple strategies for controlling anger.

DATES	TIMES	WEEKS
 Thursdays 8–29 June	6.15pm–8.15pm	4

VENUE

Hearts & Minds Community Hub, 65 Pearn Crescent, Northcote




FACILITATOR

Matthew Flynn MNZAC LLB /Post Graduate Counselling

MINDFULNESS & SELF-COMPASSION

IN-PERSON

This course is suitable for anyone who is interested in learning some tools and techniques of mindfulness. You will gain an understanding of mindfulness strategies to improve your wellbeing and be able to put them into practice in your everyday life.

DATES	TIMES	WEEKS
 Tuesdays 7–28 Feb	9.30am–11.30am	4
 Tuesdays 7–28 March	9.30am–11.30am	4
 Tuesdays 2–23 May	9.30am–11.30am	4

VENUE

Sunnynook Community Centre, 148 Sycamore Drive, Sunnynook

FACILITATOR

Sonia Lopez BECE, Post Grad Dip Counselling, MNZAC

PLEASE NOTE

- *Participants must be 18 years old or over and either live in the Waitematā catchment area (Waitākere, North Shore, Rodney) or access health services in the area.*
- *For those under 18 years old looking for support, please contact us to explore other options.*
- *Conditions apply.*

Hearts & Minds Community Hub

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Te Whatu Ora
Health New Zealand
Waitematā

