

Courses and Workshops

Mindfulness - with Jean McElhanev

Practicing Mindfulness is a way of reducing stress and developing greater balance in your life. Experience how meditation exercises can allow you to calm the restless mind. Mindfulness allows you to become aware of your thoughts and actions in the present without judging yourself. Enjoy fuller participation in your daily life by being present in the NOW.

Starts: Tuesday 21 February
Time: 7pm to 8:30pm (6 weeks)
Venue: Raeburn House,
138 Shakespeare Rd, Milford
Cost: \$85 (*free with doctor referral*)



Personality Types and Building Self-Esteem

- with Karen Venter

Developing a deeper understanding of your personality is central to this course. Improve your confidence and gain a strong sense of self. Learn how knowing your strengths and values can help you to see the differences between yourself and other people more positively and make better choices in your life.

Starts: Sunday 19 February
Time: 1pm to 3pm (6 weeks)
Venue: Raeburn House,
138 Shakespeare Rd, Milford
Cost: \$95 (*free with doctor referral*)



Art Therapy - with Limor Fybish

Art Therapy is a form of expressive therapy that allows the individual to explore self-expression of their thoughts and feelings through a creative process. It provides a safe, and comfortable environment for raising unconscious issues with a focus on sensation, practical experience and awareness to help improve mental and emotional wellbeing. No art experience is needed.

Starts: Monday 13 February
Time: 10am to 12:30pm (8 weeks)
Venue: Norman King Community Hub,
65 Pearn Crescent, Northcote
Cost: \$115 (*free with doctor referral*)



Moving Past Depression - with Nicola Duncan

Learn to understand how you experience depression and/or anxiety. Develop skills for reducing their effects and improving your quality of life with the support of sharing and learning in a safe, interactive group. Includes some CBT (Cognitive Behavioural Therapy) skills.

Starts: Thursday 16 February
Time: 7pm to 9pm (8 weeks)
Venue: Norman King Community Hub,
65 Pearn Crescent, Northcote
Cost: \$105 (*free with doctor referral*)



Managing Anger and Stress - with Jean McElhanev

Learn about the relationship between anger and stress. In a supportive group environment, develop practical and positive skills for handling stress and anger more effectively. Includes some CBT (Cognitive Behavioural Therapy) skills and mindfulness practice.

Starts: Thursday 16 February
Time: 7pm to 9pm (6 weeks)
Venue: Raeburn House,
138 Shakespeare Rd, Milford
Cost: \$85 (*free with doctor referral*)



Overcoming Anxiety (2 dates) - with Julie Walker

Explore the causes of anxiety and learn how to recognise its patterns, what keeps it going and how to change unhelpful thought processes. Learn new relaxation and calming techniques to lift your wellbeing.

Starts: Tuesday 24 January	Starts: Sunday 19 February
Time: 6:30 to 8:30pm	Time: 4:00 to 6:00pm
Length: 5 weeks	Length: 5 weeks
Venue: NKCH, 65 Pearn Crescent, Northcote	Venue: Raeburn House, 138 Shakespeare Road, Milford
Cost: \$95 (<i>free with doctor referral</i>)	Cost: \$95 (<i>free with doctor referral</i>)

20% discount for Community Service, Gold card holders and students

Courses FREE with Doctors referral

Music Therapy - with Sophie Buxton

Lift your mood and improve your mental wellbeing through music. Express your emotions through music and address issues such as anxiety, depression and social isolation.

Starts: Thursday, 23 February

Time: 10am to 11:30am (10 weeks)

Venue: NKCH, 65 Pearn Crescent, Northcote

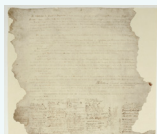


Treaty of Waitangi Workshop (Te Tiriti o Waitangi)

- with Tamati Ihaka

A fun, interactive workshop that is relevant to everyone in Aotearoa. Learn about the history of the Treaty of Waitangi and what happened after it was signed.

Date: To be confirmed



Global Food and Friends - Everyone welcome!

This friendship group welcomes newcomers, migrants, refugees and Kiwis. Learn about New Zealand culture, meet others, make new friends, and have fun!

Date: Wednesdays (fortnightly)

Time: 10am to 12pm

Venue: NKCH, 65 Pearn Crescent, Northcote

* NKCH - Norman King Community Hub

For more information and registration please contact **RAEBURN HOUSE**

☎ (09) 441 8989 ✉ learning@raeburnhouse.org.nz

📍 **Norman King Community Hub** - 65 Pearn Crescent, Northcote 0627
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MA PANGO MA WHERE KA TUITUI TATO

Raeburn House

CONNECTING PEOPLE - BUILDING COMMUNITIES

Courses & Workshops

For Personal Wellbeing



Building Resilience
for Individuals, Families and Communities

January - March 2017