



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

FORMERLY KNOWN AS

MA PANGO MA WHERO KA TUITUI TATOJU

Raeburn House

CONNECTING PEOPLE - BUILDING COMMUNITIES

STRESS MANAGEMENT GROUP

Identify sources of stress related to a variety of life situations. Learn new techniques to reduce stress levels and how to gain control in stressful situations before they escalate. Explore how to know yourself better through personality, core value awareness, and communication skills. Includes CBT, time management skills, self care knowledge and mindfulness.

Enrol now - Limited places



DATE Every Sunday, 29th October to 10th December

TIME 3:30pm - 5:30pm (8 sessions)

VENUE Raeburn House,
138 Shakespeare Rd, Milford

COST \$100

FREE WITH A DOCTOR OR HEALTH PROFESSIONAL'S REFERRAL

(which is valid for 1 year, and up to 2 groups per term).



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ABOUT KAREN VENTER

(MA Clin.Psych, MSocSci, HED, MZNAP)

I am a registered clinical psychologist and I draw on a broad range of skills to find the "best fit" for my client's needs. I have extensive experience working over a range of modalities including Cognitive Behaviour Therapy, Depth Therapy, Jungian Psychology (Personality), Strengths Based Models, Stress Management, Careers Counselling, Mindfulness, and Compassion Focussed Therapy.



For more information and registration, please contact
Hearts & Minds

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