

Community Activities



LEARN TO PLAY BRIDGE

ECB Bridge Club invites you to enrol in our next set of lessons in Feb/Mar at lessons@ecbbridgeclub.co.nz or ph Helene 027 296 3365

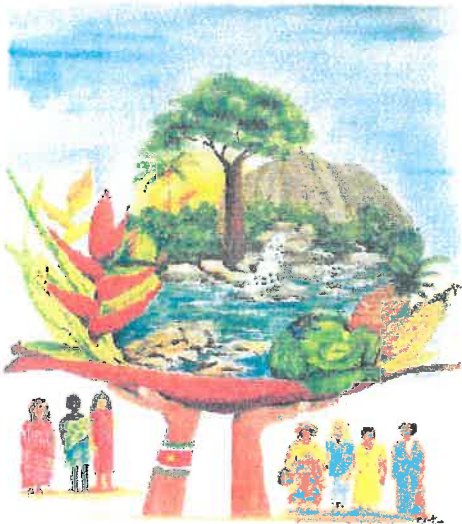


Classes start on 5 Feb.
info@mairangiarts.co.nz



World Day of Prayer

Ecumenical Service, Friday 2nd March 2018



All God's creation is very good!

Prepared by the World Day of Prayer Committee, Brisbane.
Adapted for use in New Zealand by World Day of Prayer Australia New Zealand.

You are invited to join in worship & fellowship at Mairangi Bay Community Church Maxwellton Dr at 10am or St Francis Catholic Church Finchley Ave Torbay at 7pm.

NEW TO NZ?

Monthly network meetings last Tuesday of the month at the Bays Community Centre. Meet new people & learn something new about NZ

Go to www.networkfs.co.nz or email eugene@networkfs.co.nz.

Ph/text 022 276 0082.

COMPASSIONATE COMMUNICATION COUNSELLING & GROUPS

Offering individual and couples sessions, mediation, groups & courses to enhance understanding, resolve conflicts & strengthen connection with self & others. Over 20 years experience supporting people through life changes, anxiety, depression, conflicts & stress. Learn practical skills for home, work, life.

Certified Nonviolent Communication trainer; licensed social worker and counsellor. Sliding scale fees. Contact Jean McEhaney 022 192 3202 or 473 7344 or jean.mcelhaney@gmail.com

DANCING WITH ANGER, SHAME & GUILT

A workshop to help you find choice, power, freedom & acceptance regarding these human experiences. Discussion, reflection & experiential exercises;

24-25 March. Facilitated by Jean McEhaney, certified Nonviolent Communication trainer and counsellor.

Ph 022 192 3202 or jean.mcelhaney@gmail.com

NICOLA DUNCAN, COUNSELLOR & SUPERVISOR

B.A. (Hons), PG Dip. CBT, Cert. Supervision, MNZAC
I have over 20 years' experience as a counsellor, having worked for Relationship Services; now in private practice.

I work collaboratively with my clients to set goals for counselling & resolve difficulties. I work with individuals & couples. I have an eclectic approach to counselling & draw on a number of theoretical approaches, depending on which seems most appropriate for my clients. I counsel a wide range of relationship issues including conflict & communication difficulties, mediation for separation, step-parenting, rebuilding trust following an affair & extended family issues. Where required, I can assist with the development of communication & conflict resolution skills.

I find Cognitive Behavioural Therapy is particularly useful for those suffering from depression & anxiety or low self-esteem. I am an experienced supervisor, having provided supervision for community workers & counsellors.

I am available weekdays & some Saturdays at times to be negotiated at the Bays Community Centre. My fees are negotiable according to income.

Contact me by phone on 021.158.8692 or by email:

ndcounselling.ns@gmail.com



HIBISCUS & BAYS RESTORATION NETWORK

Do you live next to a stream or bush reserve?

Are you interested in helping restore a stream or removing unwanted weeds or pests from the bush?

The next meeting of the Hibiscus & Bays Restoration Group will be held at the Salvation Army Community Centre, off Hibiscus Coast Highway (32 Greenview Lane) on Thursday 15 Feb at 6.30. We are a group of mostly volunteers, council staff & elected members & passionate greenies whose aim is a Pest-Free (short-term) Hibiscus & Bays, a Pest-Free (medium term) North Shore & a Pest-Free (long-term) NZ. Contact Sally, ECBCP@xtra.co.nz; ph 478 4301.

