

Quality and affordable therapeutic retreats,
seminars and counselling services



Community Workshop: Life After Depression and Anxiety

with Les Simmonds and Anne Martin

Workshop Overview

This community-based programme will provide a safe and supportive environment for participants to develop new and helpful ways of managing their depression and/or anxiety on a daily basis.

The workshop includes the development of effective coping skills and strategies, group discussion, personal reflection exercises and practice sessions. A follow-up session will take place upon completion of the programme, and further support is available if required.

Important Workshop Details

Venue: Welcome Bay Community Centre, Welcome Bay, Tauranga

Dates: 30 June - 18 August (weekly on Thursdays from 5pm-7pm)

Facilitators: Anne Martin and Les Simmonds

Programme Cost: \$30 (includes one free follow-up session)

Registration: Anne Martin | 027 391 1020 | anne@lifeaplenty.nz

or visit the website www.lifeaplenty.nz

Therapeutic Retreat: Couples Retreat

with Les Simmonds and Anne Martin

Retreat Overview

This retreat is designed for couples who wish to solve issues in their relationship and/or develop a deeper and loving connection with their partner.

Topics include:

- Developing a greater understanding of yourself and your partner within a relationship context.
- Establishing a vision which guides your relationship through its many stages and changes.
- Learning to communicate more effectively with each other in a way which enhances your relationship.
- Increasing intimacy and emotional support within your relationship.
- Learning to solve problems effectively.
- Exploring ways to improve your sex life.

Limited to eight couples, the retreat will take place between Saturday (10am - 6pm) and Sunday (11am - 2.30pm), and will be facilitated within a group setting. Exercises will also be given to couples to complete in the privacy of their hotel room and facilitators will set aside time to answer individual questions unsuitable for group discussion.

Important Retreat Details

Venue: Okoroire Hot Springs Hotel

Dates: Sat 19 Nov - Sun 20 Nov 2016

Facilitators: Les Simmonds and Anne Martin

Retreat Cost: \$360 (includes tickets to the hot springs)

Registration: Anne Martin | 027 391 1020 | anne@lifeaplenty.nz

or visit the website www.lifeaplenty.nz

Facilitators: Les Simmonds and Anne Martin



The facilitators, Les Simmonds and Anne Martin, are experienced therapists who hold postgraduate qualifications in Cognitive Behavioural Therapy (with a particular interest in working with Depression and Anxiety issues) and Couple and Family Therapy.

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