

CALMING AN ANXIOUS MIND

MY BODY MY BALANCE

Weekly Classes

If you're looking for a safe and supportive space to reconnect with your body, manage stress, and build self-care skills, Calming an Anxious Mind (CAM) is here for you. This trauma-sensitive program is designed to help you develop practical tools for emotional regulation, relaxation, and personal empowerment.

TERM 2 2025

8-Weekly Classes

5th May - 23rd June

**9:30-11am Monday's
at Koru Centre, Nelson**

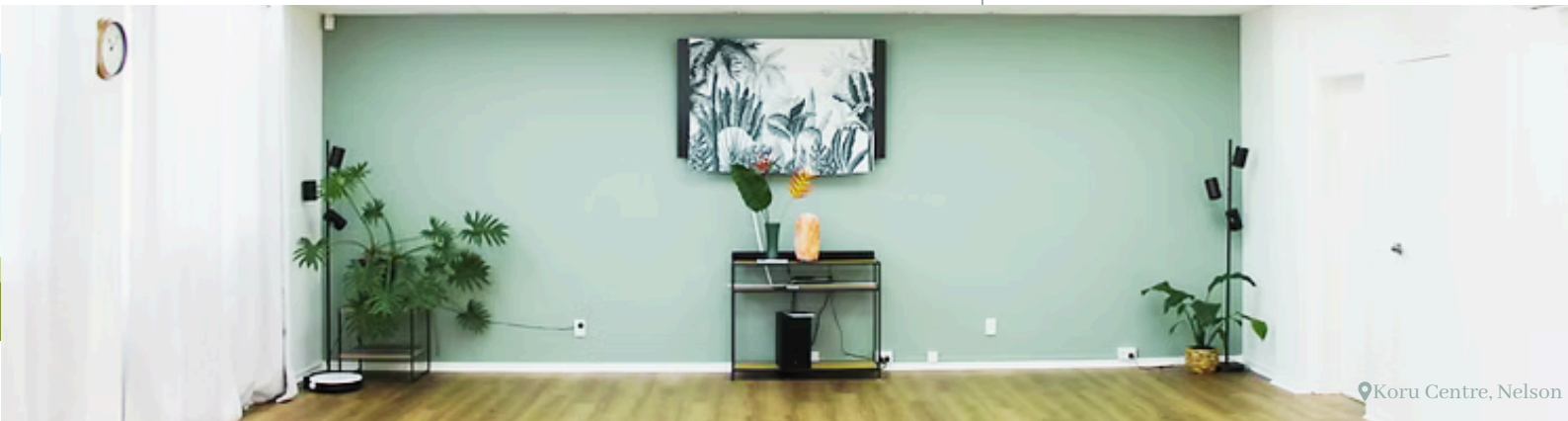
FACILITATED BY



Jade Ferriere



Hester Phillips



BENEFITS:

- **Stronger self-care habits** – Discover what truly supports your well-being.
- **More choice & control** – Learn how trauma impacts your body and emotions, and find ways to restore balance.
- **Body awareness & safety** – Befriend your body in a way that feels safe and supportive.
- **Mindfulness & resilience** – Build skills to stay present with emotions and sensations.
- **Calm & relaxation** – Learn techniques to soothe your nervous system and reduce overwhelm.
- **Confidence in your choices** – Shift from reactive patterns to making decisions that serve you.
- **Healthy boundaries** – Recognise your needs and communicate them with clarity.
- **A welcoming, trauma-sensitive space** – Heal at your own pace in an inclusive and supportive environment.

WHAT TO EXPECT:

- **Trauma-Sensitive Restorative Movement:** Gentle, mindful movement practices to help reconnect with your body and calm your nervous system.
- **Guided Relaxation:** Techniques to promote deep relaxation and ease tension.
- **Arts Therapy, Journaling and Reflection:** Reflective creative exercises to enhance self-awareness and compassion. (No artistic skills required)
- **Embodied Learning:** Practical exercises to understand and respond to your autonomic nervous system.

Whether you're new to these practices or looking to deepen your understanding, this 8-week program is accessible and supportive. Every "body" is warmly welcome. You can move at your own pace, in a nurturing environment.

To Register: Please speak with your ACC Lead Provider and ask them to help you fill in the **Client Consent & Registration form**. If you have any questions please reach out to us hester.phillips@nelsonclinic.nz