

# Services

## **Women's Support**

When you need support, and don't know where to turn, we are there. Drop in, or phone: 376 3227 x 0 9am - 4pm, Monday - Friday, [info@womensz.org.nz](mailto:info@womensz.org.nz)

Our trained staff help over 3,000 women a year by offering:

- Crisis intervention to women with complex needs
- Help on a range of issues
- We will support you to get in touch with other organisations that can assist

We are here to help!

## **Personal Counselling**

Counselling can assist with self esteem and assertiveness, family difficulties, relationships and intimacy, conflict resolution, recovery from abuse and violence, along with other issues.



Jane Tyrer

All our counsellors are fully qualified and receive professional supervision.

Counselling sessions are by appointment. Fees are negotiated on a sliding scale of \$40-\$80 depending on your income.



Crystal McLean

## **The Women's Library**

Books by, for and about women. The Women's Library has a strong collection of fiction including women's literature, crime and science fiction, lesbian and queer themes, and short stories.

Non-fiction sections include memoirs and biographies, health and personal growth, feminist theory, analysis and herstory.

# How do I enrol?

Bookings are essential for most of our courses/workshops and enrolments are confirmed on payment of course fee.

Some fees are on a sliding scale, with students and beneficiaries paying the lowest amount.

Enrolments can be made by contacting us via phone, email or website.

Payment can be made by:

- Dropping by with cash or a cheque
- Posting a cheque to our PO Box
- Internet banking: account # 12 3012 0782605 00
- Credit card when enrolling through our website

Payment is due seven days prior to course commencement. Fees are not refunded if you withdraw within five working days of commencement. Withdrawals prior to five days attract a 75% refund.

## **We gratefully acknowledge the support of**

alba, ANZ Staff Foundation, Blue Sky Community Trust, Community Organisation Grants Scheme, Dragon Community Trust Ltd, First Sovereign Trust, Foundation North, Four Winds Foundation Ltd, GABA Charitable Trust, Infinity Foundation, John Ilott Charitable Trust, Lion Foundation, Maurice Paykel Charitable Trust, Milestone Foundation, New Zealand Community Trust, New Zealand Lottery Grants Board, New Zealand Post, North and South Trust, Pub Charity, Rule Foundation, Sir John Logan Campbell Residuary Estate, The Trusts Community Foundation, Trillian Trust and Auckland Council Community Group Assistance Fund and Waitemata Local Board.



Auckland  
**Women's  
Centre**

**Te Rōpū Wāhine o Tāmaki Makaurau**

Facilitating empowerment and well-being for women

**Spring @ AWC  
Term 4 2017**

PO Box 78 271, Grey Lynn, Ak 1245  
4 Warnock St, Grey Lynn, Ak 1021  
Phone 376 3227 x 0  
[info@womensz.org.nz](mailto:info@womensz.org.nz)  
[www.awc.org.nz](http://www.awc.org.nz)




# Auckland Women's Centre

- A friendly place to get involved and to belong
- Open to women of every ethnicity, income, culture, sexual orientation, age and ability
- Committed to Te Tiriti o Waitangi and open and responsive to today's challenges
- Trusted in your community for over 40 years

## Classes

### Contenance Management *Contenance NZ*

 Learn how to prevent, manage and treat different types of urinary incontinence. Tutor, Janet is passionate and practical about continence management and is a wealth of knowledge about bladder and bowel problems. Lessen the shame around incontinence and have your questions answered in a warm and safe environment. Open to women of all ages.

**Mon 30 Oct 6.00-8.30pm \$20**

### Girls' Self Defence *Morgan Libeau*

Give your daughter the opportunity to learn to: use verbal and physical ways to deal with assault/abuse, identify un/safe people and situations, resist unwanted/uncomfortable touch, know how to say NO! in unsafe situations and know to tell a trusted adult. A serious subject dealt with in a fun way for girls aged 7-12. (1½ days)

**Fri 27 Oct 4.00pm-6.00pm & \$50**

**Sat 28 Oct 10.00am-4.00pm \$90 for 2 sisters \$130 for 3 sisters**



## Classes

### Restorative Yoga

*Simone Bonny*

Open to all women, any age, health, size and physical capability. Small classes taught in a relaxed, friendly, environment with careful adaptation of postures to suit individual needs. Please discuss with Simone if you have any serious health issues or injuries at time of booking. To book or for further info contact Simone on:



p: 021 776 119 e: sbonnyyoga@gmail.com

**Every Tues 9.30am-10.45am**

**\$150 for a 10 class concession card or attend week-by-week for a casual rate of \$18 per class**

### Aroha Dance

*Rosanna Marks*



A fusion of two modalities, Belly dancing and yoga. Learn about body awareness through honouring, & beautiful Bellydance routines & rituals. These classes are for all women; all ages, sizes and shapes. (4 wks). For more info contact Rosanna:

p: 0800mindbody e: info@arohahealing.co.nz

**Fri 3 Nov-24 Nov 6.00pm-7.00pm \$10 per class**

**Beneficiaries and low income earners \$5 per class**

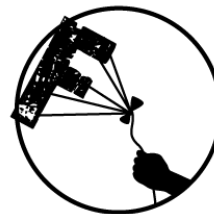
## Activities

### Feminist Action

*Katherine and Caryn*

#### For a just and co-operative society

Do you love being with other women and talking about things that are important to you? Are you action focused? All women are welcome to be part of this inclusive, fun, friendly and flourishing group. For more info



contact: aucklandfeministaction@gmail.com

**First Wed of month 7.00pm-9.00pm FREE**

## Activities

### Rainbow Women's Social Night

*Ellie Lim*

Join us for some good old fashioned fun, board games and DVDs on alternating months. Lesbian, Queer, Bi and Trans women are welcome. For info on what we'll be screening/playing, contact Ellie: p: 376 3227 x 1 e: info@womens.org.nz



**Last Wed of month 7.00pm-9.30pm FREE**

### Women: Diverse and Connected

Come along to our community forums which celebrate diversity and promote inclusivity! We explore topical issues, connect women and enable different women's voices to be heard.

Ask at reception about dates for upcoming forums.




**Clementine Ford Forum: September 2017**  
Clementine with AWC volunteer Jessica Tappin

## Support Groups

### Single Mums on Sunday

*For single mums by single mums*  
**Facilitated by Leonie Morris**

 This is a friendly and relaxed afternoon in a supportive and non-judgemental space for single mums with children under 5 years. We often have giveaways for families. (Monthly)

For more details contact Leonie:

akcentre@womens.org.nz

**Last Sun of the month 12.30pm-3.00pm FREE**