

Support Groups

Single Mums on Sundays



For single mums by single mums
Facilitated by Suzette Jackson

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 Suzette: singlemums@womensz.org.nz

Last Sun of the month 1:00pm-3.30pm FREE

Activities

Feminist Action

Katherine and Caryn

For a just and co-operative society

A dynamic group of women from diverse feminist persuasions. Discuss topical issues, learn about feminism together, plan manageable local actions and join in larger activities happening around Auckland. (Monthly).

For more info contact:

aucklandfeministaction@gmail.com

First Wed of month 7.00pm-9.00pm FREE



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, Takatāpui and Trans women are welcome. (Monthly). For info on what we'll be screening/playing, contact

Ellie: p: 376 3227 x 1 e: info@womensz.org.nz

Last Wed of month 7.00pm-9.30pm \$1-\$5

Community Forum

Abortion: a Reproductive Right

www.awc.org.nz for further details

Tues 26 March 7.00pm-9.00pm Cost TBC

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

Akarana Community Trust, ANZ Staff Foundation, Creative Communities Scheme, Blue Sky Community Trust, Community Organisation Grants Scheme, Dragon Community Trust Ltd, Foundation North, Four Winds Foundation Ltd, GABA Charitable Trust, Infinity Foundation, John Ilott Charitable Trust, Lion Foundation, Maurice Paykel Charitable Trust, Milestone Foundation, Ministry for Women's Suffrage 125 Community Fund, New Zealand Community Trust, New Zealand Lottery Grants Board, New Zealand Post, North and South Trust, One Foundation, 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**

Ko Te Wāhi Wāhine o Tāmaki Makaurau

Facilitating empowerment and
well-being for women

Summer @ AWC Term 1 2019

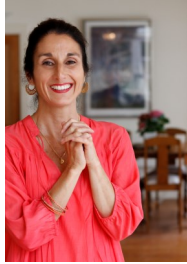
PO Box 78 271, Grey Lynn, Ak 1245
4 Warnock St, Grey Lynn, Ak 1021

Phone 376 3227 x 0
info@womensz.org.nz
www.awc.org.nz

Classes

Mindfulness Through Meditation ***(NEW)***

Emma Farry



Calm your anxiety, slow down and create space for yourself to be at peace. This course is an antidote to these crazy, accelerated and uncertain times. It will encourage you to be more compassionate to yourself and others. Learn to befriend yourself through the practices of meditation, mindfulness and breathing. Forgive yourself and give yourself time to deal with difficult emotions. The cost of the course includes a workbook. (6 weeks)

Tues 5 Mar-9 Apr 7.00pm-9.00pm \$85-\$145

FREE Seniors Self Defence ***(NEW)***

Julie Poirier



A fun, supportive class tailored for women over 65. Enrol yourself and/or your mum. Learn and practice simple mental, verbal and physical techniques. Bookings are essential for this free workshop, please bring your lunch with you. (1/2 day)

Sat 30 Mar 10.00am-2.30pm FREE

Regenerative 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. (Weekly).

To book or for further info contact Simone on:
p: 021 776 119 e: sbonnyyoga@gmail.com

Thurs 9.30am-10.45am

\$200 for a 10 class concession card with the first class of every purchased concession free or attend week-by-week for a casual rate of \$20 per class



Classes

Memoir Writing

María de Jong



For some memoir writing can be an empowering, therapeutic experience, giving opportunity to tell their story. For others, it can be an enjoyable and reflective process, and an outlet for creativity. This course will provide intellectual stimulation and an opportunity to improve your writing and literacy skills. Find your voice, your unique writing style and begin writing your memoir. Those writing their family histories will also find this course relevant. (6 weeks)

Mon 4 Mar-8 April 7.00pm-9.00pm \$60-\$120

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. (1 1/2 days).

Fri 22 Mar 4.00pm-6.00pm & \$50

Sat 23 Mar 10.00am-4.00pm \$90 for 2 sisters \$130 for 3 sisters



Basic EFT for adults

Robyn Shepherd

Emotional Freedom Techniques

Do you or your children ever feel scared, nervous, anxious, angry, sad ...? Do these feelings get in your way, locked up inside you, or expressed in an unhealthy way? Learn to calm yourself, and your children (of any age), with these gentle techniques that help us manage feelings and thoughts amidst everyday challenges. (1/2 day).

To enrol please contact Robyn on 021 175 3624 or eft@robynshepherd.co.nz

Sun 17 Mar 11.00am-2.30pm \$65



Classes

Understanding Money

Lisa Dudson

A two hour seminar for women who want to learn about budgeting, revolving credit, KiwiSaver and any other money-related matters. Lisa Dudson of Acumen Financial Planning is passionate about sharing her knowledge on making the most out of your money. Bring your questions, pen and paper and get ready to be inspired. (2hours)

Tues 26 Feb 6.00pm-8.00pm \$10-\$30



Building a New Life After Separation

Claire Virtue



Surviving separation after a relationship can bring a range of emotions such as loss, anger, confusion and an invitation towards building a new life. Over the course of the day the participants learn from each other as well as the tutor and gain practical skills on ways to rebuild their lives. (1 day).

Sat 11 May 9.30am-4.00pm \$50-\$80

Aroha Dance

Rosanna Marks

A fusion of two modalities, belly dancing and yoga. Learn about body awareness through honouring, & beautiful bellydance routines and rituals. These classes are for all women; all ages, sizes and shapes. (6 weeks).

For more info contact Rosanna:

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

Fri 15 Feb-22 Mar 6.00pm-7.00pm \$10 per class Beneficiaries and low income earners \$5 per class



Coming up next term:

Positive Change - 6 week course

FREE Women's Self Defence - 1 day workshop