

Support

Building a New Life After Separation



Claire Virtue

Surviving separation after a relationship can bring a range of emotions such as loss, anger, confusion as well as 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

Questioning? and more

Cissy Rock



Would you like a confidential, supportive space to talk about same sex attraction? What does it mean for you? Let's talk about being out, relationships, identity, community and much more. This is a facilitated group where you can ask questions in a safe, non-judgemental environment.

Dates tbc. To register your interest, please contact Ellie on womensservices@womensz.org.nz

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

Massage Service

Zaria Devcich

We offer one hour massages on Mondays between 9.30am and 2.45pm. The cost is on a sliding scale between \$30-\$60 or alternatively \$25 for beneficiaries and full time students with a current community services card or student ID.

For available appointments, ring 376 3227 xtn 0.

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

Autumn @ AWC Term Two 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

Holistic Workshops



This year we are offering a new series of health related workshops with Jane McRae, nutritionist, naturopath, medical herbalist and counsellor.

Digestive Health *Jane McRae* Happy gut, happy body, happy mind.

A holistic approach to gut and colon problems such as reflux/heartburn, food intolerances, peptic ulcer, IBS, diarrhoea and constipation. Come and learn what you can do to get things on track. (2 x 2hours)
Sat, 4 and 18 May 2.00pm-4.00pm \$30-\$60

Holistic Stress Management *Jane McRae*

How we handle stress can put much wear and tear on our body and mind. This can play a major role in determining our level of wellbeing. This seminar is a holistic approach to developing a multifaceted and practical toolbox to combat stress. (1/2 day)
Sat 15 June 1.30pm-5.00pm \$30-\$60

Classes

Dancing for Fun

Learn to dance Latin Ballroom style. Open to all ages, sizes and dance levels, no partner needed, singles welcome. (9 wks)
Sun 5 May - 30 June 6.00pm-7.00pm \$10 per class

Susanna



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 wks). For more info contact Rosanna:

p: 0800mindbody e: info@arohahealing.co.nz
Fri 3 May-7 June 6.00pm-7.00pm \$10 per class
Beneficiaries and low income earners \$5 per class

Classes

Positive Change

Anna Keyter



Do you lack self-confidence? Prefer to keep silent in groups because you may make the 'wrong comment'? Afraid to accept a new job because you have the experience, but not the qualifications? Join us and learn how to change your self-talk. This course will build on your stories that support you and change those that are not useful. Learn more about your strengths and how to turn your challenges into opportunities. (6 wks)
Mon 6 May-17 June 7.00pm-9.00pm \$60-\$120

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 19 May 11.00am-3.30pm \$65



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

FREE Women's Self Defence *Julie Poirier*

A fun supportive workshop for women (16+) to learn and practice mental, verbal and physical techniques. Gain skills and confidence to assert your boundaries and stay safe in a range of situations. Bookings are essential, light lunch provided. (1 day)



Sat 22 June 9.30am-4.00pm FREE

Knitting workshops *Barbara Woodman*

We are running two 1/2 day knitting workshops for those who know how to knit. Topics will be decided upon after our beginners knitting class has started. Interested? Contact us on info@womensz.org.nz



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

