

Support Groups

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 support group where you can ask questions in a safe, non-judgemental environment. (3 sessions)

Sun 9 Sept 10.00am-4.00pm **FREE**
Tues 18 Sept 7.00pm-9.00pm
Tues 25 Sept 7.00pm-9.00pm

Single Mums on Sunday



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 on e: singlemums@womensz.org.nz

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



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, 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

Winter @ AWC Term 3 2018

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

Positive Change ***(NEW)***

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)

Tues 7 Aug-11 Sept 7.00pm-9.00pm \$60-\$120

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.



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

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 4 weeks the group will be a learning environment where participants can learn from each other and there will be practical skills on ways to rebuild your life. (4 wks)

Tues 16 Oct-6 Nov 6.30pm-8.30pm \$40-\$80

Classes

CV and Job Interview Skills

Wendy Rowe



This workshop is aimed at helping women identify their transferable skills, produce a marketable CV, prepare for job interviews, and build their confidence to achieve their potential. Whether you are re-entering the job market, creating a CV for the first time, or want to take the next step, this is a new workshop created just for you. (1/2day)

Sat 15 Sept 9.30am-1.00pm \$20-\$60

Futureproof Your Career^{*(NEW)*}

Kerrie Auld



Worried about the future of your career? This creative and interactive workshop is designed to eliminate fears by gaining knowledge about the future world of work. Build your awareness, confidence and resilience and find meaning and purpose in your work life. (1/2day)

Two independent sessions, book in for either one.

Sat 11 Aug 9.00am-1.00pm \$25-\$40

Sat 1 Sept 9.00am-1.00pm \$25-\$40

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 26 Oct 4.00pm-6.00pm & \$50

Sat 27 Oct 10.00am-4.00pm

\$90 for 2 sisters \$130 for 3 sisters



Women's Self Defence

Barb Wallis



Learning to defend yourself is empowering. Join us for this practical workshop to learn mental, verbal and physical self defence in a supportive environment. Build on your existing skills, or learn new ones. For women of all ages. (1/2day)

Sat 4 Aug 1.00pm-4.00pm \$40-\$60

Beginners Te Reo and Tikanga Māori

Hinerangi Tarawa



Learn correct pronunciation, karakia (prayer), waiata (song), mihimihi (formal greeting/introduction), various forms of greetings, useful phrases and sentences through participation and conversation. (8 wks)

Mon 6 Aug-24 Sept 7.00pm-9.00pm \$80-\$160

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. (8 wks)

For more info contact Rosanna:

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

Fri 3 Aug-21 Sept 6.00pm-7.00pm \$10 per class

Beneficiaries and low income earners \$5 per class



***NEW* Coming up next term:**

The Happiness Experiment

Term 4 after school programme for young women aged 13-15.

Mon starting 15 Oct 4.00pm-6.00pm cost tbc