

Support

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

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.

**To find out more about our counselling service,
email 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

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

Winter @ AWC Term Three 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

FREE Self Defence for Migrant Women



(NEW)

Julie Poirier

A fun, supportive workshop for migrant 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)

Sun 8 Sept 9.30am-4.00pm FREE

Knitting a Hat *(NEW)* **Barbara Woodman**

An intermediate class for those who know how to knit, purl and bind off stitches and are now ready to take on the fun of circular needles. We will make a hat that incorporates these techniques in a pattern pre-selected by Barbara. (½ day with ½ hour tea break)



Sat 10 Aug 9.30am-1.30pm \$40-\$80

Menopause Information Evening



Nest Consulting

Welcome to a fun and informative evening all about Peri-Menopause (the time leading up to Menopause) and Menopause. Open to anyone wanting to learn more, have some laughs and feel empowered. (2½ hrs)

Tues 24 Sept 6.30pm-9.00pm \$20

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. (2 hours)



Mon 14 Oct 6.00pm-8.00pm \$10-\$30

Classes

Holistic Weight Management **Jane McRae**

Are you struggling to keep a healthy weight? Let's debunk some of the damaging information around weight and weight loss and look at holistic practices for reducing and maintaining a healthy weight. (½ day)



Sat 14 Sept 1.00pm-4.00pm \$30-\$60

Beginners Te Reo and Tikanga Māori

Kahurangi Apiata and Tutira Williams



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

Mon 29 July-16 Sept 6.00pm-8.00pm \$80-\$160

Basic EFT: Tapping for Women

Emotional Freedom Techniques **Robyn Shepherd**

Do you or your children ever feel scared, anxious, overwhelmed, angry, sad, low ...? Do these feelings get in your way, locked up inside you, or expressed in an unhealthy way? Learn to calm yourself with these gentle techniques that will help you manage feelings and thoughts amidst everyday challenges. (½ day)



To enrol please contact Robyn:

**p: 021 175 3624 e: eft@robynshepherd.co.nz
Sun 15 Sept 11.00am-3.30pm \$65**

Returning in Term 4, taking enrolments now

Mindfulness through Meditation

Tues 15 Oct - 19 Nov

Girls Self Defence

Fri 1 Nov and Sat 2 Nov

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 workshop is for you. (½ day)



Sat 21 Sept 9.30am-1.00pm \$20-\$60

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. (7 wks). For more

info contact Rosanna:

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

**Fri 12 July-23 Aug 6.00pm-7.00pm \$10 per class
Beneficiaries and low income earners \$5 per class**

Positive Change

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. (2 days)

Sat 16 Nov 10.00am-4.00pm \$60-\$120

Sun 17 Nov 10.00am-4.00pm \$60-\$120



Anna Keyter

For more info on our courses and workshops check out www.awc.org.nz