

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

Diversity Forums

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.

Clementine Ford

We have just confirmed an evening with Clementine Ford on Tuesday 27 November in partnership with The Women's Bookshop. More details will be available through our website and facebook event page closer to the time but for now you can save the date! It will be an incredible evening.

Tues 27 Nov 7.00pm start Cost TBA
Western Springs Community Garden Hall
956 Great North Road, Western Springs

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, Ministry for Women's Suffrage 125 Community Fund, 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**

Ko Te Wāhi Wāhine o Tāmaki Makaurau

Facilitating empowerment and
well-being for women

Spring @ AWC Term 4 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

ORA: An Introduction to Māori Approaches to Wellbeing *(NEW)* *Cathy Livermore*



A practical approach to managing wellbeing that is easy to engage with. Grounded in Te Ao Māori healing traditions and cultural philosophy, Cathy translates ancient wisdoms into daily practices to manage and care for the wellbeing of our tinana/body, hinengaro/mind and wairua/spirit. Open to all ethnicities. (1/2 day).

Sat 3 Nov 1.30pm-4.30pm \$30-\$60

There is the potential to run follow up sessions on 10/17/24 Nov if there is interest.

Basic EFT *(NEW)* *Robyn Shepherd*

Emotional Freedom Tapping

Do you ever feel scared, nervous, anxious, angry, sad ...? Do these feelings get in your way locked up inside you, or expressed in an unhealthy way? Emotional Freedom Techniques (EFT) is a gentle, calming technique that will help you learn to manage your feelings and thoughts as you face everyday challenges. (1/2 day).

Sun 18 Nov 11.00am-2.30pm \$50-\$100



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. (3 weeks).

For more info contact Rosanna:

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

Fri 2 Nov-16 Nov 6.00pm-7.00pm \$10 per class

Beneficiaries and low income earners \$5 per class

Classes

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 participants learn from each other as well as the tutor and gain practical skills on ways to rebuild their lives. (4 weeks).

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

Wriggle and Rhyme *(NEW)*

Grey Lynn & Leys Institute Library staff

A free half hour session of music, movement and fun. Wriggle and Rhyme is designed to promote active movement for babies and toddlers under two, although all children are welcome. Sessions are run by staff from Grey Lynn and Leys Institute (Ponsonby) Libraries. Sign up for a library card and discover some of the resources available through the library. (Fortnightly).



Fri Fortnightly 10am-10.30am FREE

19 Oct/ 2 Nov/ 16 Nov/ 30 Nov/14 Dec

Girls' Self Defence *Morgan Libeau*



Give your daughter the opportunity to learn to: use verbal and physical ways to deal with assault/abuse, identify unsafe 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

Classes

Lesbian Salsa Dance *(NEW)* *Susanna*



An introduction to Salsa, Latin American style. Have fun learning in a lesbian environment. Open to all ages, sizes and dance levels, no partner needed, singles welcome. For more info contact Susanna on 021 260 9145. (Weekly).

Sun 7 Oct-16 Dec 6.30pm-7.30pm \$10 per class

No class on Sunday 21 Oct (Labour Weekend)

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

Tues and Thurs 9.30am-10.45am

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

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



on e: singlemums@womens.org.nz

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