

Activities

Rainbow Women's Social Night

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

Ellie Lim



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

Support

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. Counselling sessions are by appointment. Fees are \$80 per session or negotiated on a sliding scale between \$40-\$80 depending on your income.

To find out more about our counselling service please email info@womensz.org.nz

Women's Support

When you need support, and don't know where to turn, we are there.

Drop in, or phone: 376 3227 ext. 0, 9am - 4pm, Monday - Friday, info@womensz.org.nz

Our trained staff help over 3,000 women a year by offering:

- Crisis intervention to women with complex needs
- We will support you to get in touch with other organisations that can assist



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
- Internet banking: account # 12 3012 0782605 00
- Credit card when enrolling through our website
- Phoning us with your credit card details

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 New Zealand Staff Foundation
- Auckland Council
- Auckland Lesbian Business Association
- Blue Sky Community Trust
- Community Organisation Grants Scheme
- Dragon Community Trust Ltd
- First Sovereign Trust
- Foundation North
- Four Winds Foundation Ltd
- Infinity Foundation
- John Ilott Charitable Trust
- Lion Foundation
- Maurice Paykel Charitable Trust
- Milestone Foundation
- New Zealand Lottery Grants Board
- New Zealand Community Trust
- North and South Trust
- Pub Charity
- Rainbow Auckland
- Rule Foundation
- Residuary Estate
- The Trusts Community Foundation Ltd
- Trillian Trust
- Waitematā Local Board



**Te Wāhi Wāhine o
Tāmaki Makaurau
AUCKLAND WOMEN'S CENTRE**

**Spring @ AWC
Term 4, 2020**

info@womensz.org.nz www.awc.org.nz

P. 09 376 3227 ext. 0

Classes

Learn and Create

Lucie Blaževská

Work with artist Lucie Blaževská to create a paper collage on canvas of amazing women who inspire you. This workshop is based on Lucie's current art project called "Born to Create" where she gathers stories of women who are impactful and inspirational. All materials and design guidance are included. (3 hours)



Sat 17 Oct 10.00am-1.00pm \$10

Get Knitting - Intermediate course

Barbara Woodman



Got the basics? Extend your skills and create a hat or cowl using techniques including; texture stitches, knitting in the round and colour work, including fair isle. (6 weeks).

Sat 17 Oct-28 Nov 12.30pm-2.30pm \$60-\$120

FREE Women's Self Defence

Julie Poirier

Fun supportive workshops 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).



Option 1 - Migrant Women

Sun 1 Nov 9.30am-4.00pm FREE

Option 2 - General Women

Sun 22 Nov 9.30am-4.00pm FREE

Regenerative Yoga

Amanda Hookham-Kraft

Weekly classes held for all women, open to any age, health, size and physical capability. Classes taught in a friendly, relaxed environment



with careful adaptation of postures to suit individual needs and provide holistic wellness. This practice provides a gentle yet deep result that is strengthening, eliminating stress, realigning and leaving you feel more energised and rejuvenated. Adaptation of postures to suit individual needs through the guided breath and a heart centred practice. If you would like to trial the class but are unable to cover the full price please contact Amanda as options are available. To book or for further info contact Amanda on:

p: 021 285 4100 e: amanda@regenesistdesign.co.nz

Every Thurs 9.30am-10.45am \$20 per class or \$200 for a concession card of 11 classes

Classes

Open and Honest: Talking to children about sex, sensuality and sexuality *Family Planning*

A course for parents and caregivers run by **Family Planning**. Develop the skills and learn information to support you to be the first sexuality educator of your children and teenagers. This course is open to all genders. (2 x 2 hour sessions)



Wed 4 & 11 Nov 6.00pm-8.00pm \$10

Building a New Life After Separation

Danielle Turnbull



Surviving separation after a relationship can bring a range of emotions such as loss, anger, confusion and an invitation to build a new life. Over the course of 1 day, the group will be a learning and interactive environment where participants can learn from each other and share practical skills on ways to rebuild your life. Part of rebuilding your life can include reclaiming your identity, setting boundaries, managing conflict, and/or exploring a new sense of self. (1 day)

Sat 7 Nov 9.30am-5.00pm \$50-\$80

Aroha Healing Bellydance

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 23 Oct-27 Nov 6.00pm-7.00pm \$10 per class

Beneficiaries and low income earners \$5 per class

EFT Tapping for Women - ONLINE course

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. (3 sessions).

To enrol please contact Robyn:

p: 021 175 3624 e: eft@robynshepherd.co.nz

Dates/times to be arranged upon booking \$240 for 1 participant (3 x 90 minute sessions) \$240 for 2-5 participants (3 x 2 hour sessions)

Classes

Menopause Information Session

Nest Consulting



Welcome to a fun and informative session about Peri-Menopause (the time leading up to Menopause) and Menopause. Open to anyone wanting to learn more, have some laughs and feel empowered. (3 hrs).

Sun 8 Nov 1.00pm-4.00pm \$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. (2hours).



Tues 24 Nov 6.00pm-8.00pm \$10-\$30

Positive Change

Anna Keyter



Do you lack self-confidence? Prefer to keep silent in groups because you may make the 'wrong comment'? You are not alone! Join us and learn how to change the self-talk that informs your stories about yourself using Cognitive Behavioural Therapy (CBT) techniques. This course will build on your stories that support you and change those that are not useful. (2 days)

Sat 14 Nov 10.00am-3.30pm \$60-\$120

Sun 15 Nov 10.00am-3.30pm

Fight Like a Girl

Morgan Libeau

This one day workshop for girls 13-16 years is designed to increase confidence and enhance self-image. Encouraging a heightened sense of themselves and their capabilities enables young women to step out into the world feeling positive and proud.



Sun 6 Dec 10.00am-4.00pm \$50

Coming up in 2021

- Powerful Public Speaking - for everyday situations
- Learn to Paint
- Mindfulness through Meditation
- Memoir Writing