

# Support Groups

## SKIP Single Mums on Sunday

*For single mums by single mums*

*Facilitated by Rochelle Carr*



This is a friendly and relaxed afternoon in a supportive and non-judgemental space for single mums with children under 5 years. Expand your informal support network and work through positive parenting strategies with the SKIP (Strategies with Kids, Information for Parents) Coordinator. We often have giveaways for families. Part meetup, part workshop. (Monthly)

For more details contact Rochelle:

p: 376 3227 x 2

m: 027 460 5632

e: [skip@womens.org.nz](mailto:skip@womens.org.nz)

**Last Sun of the month 2.00pm-5.00pm FREE**

**30 Apr/ 28 May/ 25 June/ 30 July**

## **SKIP Single Mums Central East**

*For single mums by single mums*

*Facilitated by local mum, Nicola*



A supportive group for single mums with children under 5 years old. Feeling isolated or struggling with your family? Being with other local mums can be fantastic for support, connection and building parenting skills. Join in on any session. For more info contact Rochelle: p: 376 3227 x 2 m: 027 460 5632 e: [skip@womens.org.nz](mailto:skip@womens.org.nz)

**Sun Fortnightly 2.00pm-3.30pm FREE**

**Pakuranga Library, 7 Aylesbury St, Pakuranga**

**7 & 21 May/ 4 & 18 June/ 2 July**

# Activities

## Community Garden Hosted by **SKIP Single Mums**

Participation is welcome from all the community in this magic garden. SKIP Single Mums host a child friendly garden in front of the Women's Centre. Get involved in planting, growing, weeding, eating, and enjoying. We have a shared lunch at 12.30pm using something from the garden. All welcome. (Monthly)

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**Second Sat of the month 10.00am-1.30pm FREE**

**13 May/ 10 Jun/ 8 July**



# Activities

## **Feminist Action**

*Katherine and Caryn*

**For a just and co-operative society**



Do you love being with other women and talking about things that are important to you? Are you action focused? All women are welcome to be part of this inclusive, fun, friendly and flourishing group. (2hrs)

e: [aucklandfeministaction@gmail.com](mailto:aucklandfeministaction@gmail.com) for more info.

**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**

alba, ANZ Staff Foundation, 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, SKIP Ministry of Social Development, 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

# **Autumn Courses Term 2 2017**

PO Box 78 271, Grey Lynn, Ak 1245

4 Warnock St, Grey Lynn, Ak 1021

Phone 376 3227 x 0

[info@womens.org.nz](mailto:info@womens.org.nz)

[www.awc.org.nz](http://www.awc.org.nz)

# 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. (1/2 day)

**Sat 20 May 9.30am-1.00pm \$20-\$60**

## Memoir Writing

*Maria de Jong*

For some memoir writing can be an empowering, therapeutic experience, giving opportunity to tell their story. For others, it can be an enjoyable and reflective process, and an outlet for creativity. This course will provide intellectual stimulation and an opportunity to improve your writing and literacy skills. Find your voice, your unique writing style and begin writing your memoir. Those writing their family histories will also find this course relevant. (7 wks)



**Tues 2 May-13 June 7.00pm-9.00pm \$70-\$140**

## Aroha Dance

*Rosanna Marks*



A fusion of two modalities, Belly dancing and yoga. Learn about body awareness through honouring, & beautiful Bellydance routines & 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](mailto:info@arohahealing.co.nz)

**Fri 5 May-9 June 6.00pm-7.00pm \$10 per class**

**Beneficiaries and low income earners \$5 per class**

## Restorative 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](mailto: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**

# Classes

## An Intro to Te Reo Māori and Tikanga Māori



*Anita Simpson*

Learn correct pronunciation, karakia (prayer), waiata (song), mihi (formal greeting/introduction), various forms of greetings, useful phrases and sentences through participation and conversation. (6 wks)

**Mon 22 May-3 July 6.00-8.00pm \$60-\$120**

## Managing Menopause

*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. (2 hrs)

**Mon 15 May 6.30pm-8.30pm \$20**

## Get Knitting

*Barbara Woodman*



Traditional skills for today's creative woman. Come and learn to knit and create your own projects. Even if you have never tried knitting before, the teaching

will start with the basic stitches, understanding how knitting works, following patterns and fixing mistakes and each week you will increase your skills. (6 wks)

**Mon 10 July-14 Aug 6.00pm-8.00pm \$60-\$120**

## Free Parenting Workshop

*Facilitated by Rochelle Carr*

Free SKIP Positive Parenting workshops for parents with children aged 0-5 years old.

- How can I get my child to listen to me?
- Working with our anger
- The 6 SKIP principles

To register: Contact Rochelle: p: 376-3227 x 2  
m: 027-460-5632 e: [skip@womensz.org.nz](mailto:skip@womensz.org.nz)



**West Harbour 3 x 2 hour sessions 4, 11 & 18 May**

**Thurs 9.30am-11.30am FREE**

**Manutewhau Community Hub, 74 Oreil Ave**

**Manurewa 2 x 2 hour sessions 12 & 19 May**

**Fri 9.30am-11.30am FREE**

**Manurewa Library Community Room, 7 Hill Road**

# Classes

## 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. (2hrs)



**Mon 8 May 6.00pm-8.00pm \$10-\$30**

# Support Groups

## Questioning? and more *Cissy Rock and Ellie Lim*



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. (7wks)

**Tues 20 June-1 Aug 7.00pm-9.00pm FREE**

## SKIP Parent Groups

*For parents, by parents*

A supportive group for parents with children under 5 years old. Being with local parents can be fantastic for support, connection and building parenting skills. Morning tea will be available. Join in any session.



## Papatoetoe

*facilitated by local mum, Sophie*

For more details contact Sophie: m: 021 217 9433 or

Rochelle: e: [skip@womensz.org.nz](mailto:skip@womensz.org.nz)

**Wed Fortnightly 9.30am-11:00am FREE**

**Papatoetoe Library, Toitot Room**

**17 & 31 May, 14 & 28 June**

## Birkenhead

*Facilitated by local mums*

Dates tbc, contact Rochelle to register your interest:

p: 027 460 5632 e: [skip@womensz.org.nz](mailto:skip@womensz.org.nz)

## SKIP Single Mums Group

**New Lynn**

*Hosted by local single mums*

For more details contact Rochelle: p: 376 3227 x 2

m: 027 460 5632 e: [skip@womensz.org.nz](mailto:skip@womensz.org.nz)

**Tues Fortnightly 9:30am-11:30am FREE**

**New Lynn Library Meeting Room**

**9 & 23 May/ 6 & 20 June/ 4 July**