

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). *Contact:*

rainbowwomenssocialnight@gmail.com

Last Wed of month 7:00pm-9.30pm \$1-\$5



**Sharon
Bolderson**

Single Mum's on Sundays



**Emily
Phillips**

For single mums and their children 5 years and under. Get together with other single mums to connect and share stories in a supportive and non-judgemental space. Lots of toys for the children in the fully staffed creche.

Contact: smos@womens.org.nz

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

Support

Personal Counselling

Counselling can assist with self esteem, family difficulties, relationships and intimacy, 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 please email info@womens.org.nz



**Jane
Tyrer**

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@womens.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 the most appropriate organisation to assist you.

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

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:

- ANZ New Zealand Staff Foundation
- Auckland Foundation - COVID 19 Community Response Fund
- Auckland Foundation - Grassroots Giving Programme
- Blue Waters Community Trust
- Community Organisation Grants Scheme
- Dragon Community Trust Ltd
- Foundation North
- Four Winds Foundation Ltd
- John Ilott Charitable Trust
- Lion Foundation
- Milestone Foundation
- New Zealand Community Trust
- New Zealand Lottery Grants Board
- One Foundation
- Pub Charity Inc
- Sir John Logan Campbell Residuary Estate
- The Gift Trust
- The Trusts Community Foundation Ltd
- Trillian Trust
- Waitemata Local Board



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

**Autumn @ AWC
Term 2, 2021**

info@womens.org.nz www.awc.org.nz

P. 09 376 3227 ext. 0

4 Warnock St, Grey Lynn

Classes

Building a New Life After Separation

Separation can offer opportunities for tremendous self healing. It can also be an invitation to rebuild your life and review your identity. Following the 1-day workshop, there is an opportunity for two further micro sessions. Dani will facilitate and there will be a separate cost associated. (1 day).



**Dani
Turnball**

Saturday 3 July 2021 9:30am- 5:00pm \$50 - \$80

Menopause Information Session



**Robyn
Faucett**

A presentation about managing perimenopause (the lead up to menopause) and menopause. An empowering event: developing an understanding of why our hormones behave the way they do and the effects this can bring. Looking at self-care, strategies, natural and medical options including the latest research. (1 session).

Saturday 15 May 1:00pm - 4:00pm \$20

Fight Like a Girl (Teen Self Defence)

Increase confidence and feelings of safety using verbal assertiveness, physical techniques. A one day, fun workshop for girls aged 13 - 16 years. Bring lunch and energy snacks. (1 day)



Please enrol by contacting Morgan:
029 210 5430 mlibeau@xtra.co.nz

**Morgan
Libeau**

Sunday 9 May, 2021 10:00am - 4:00pm \$50

Aroha Healing Belly Dance



**Rosanna
Marks**

A fusion of 2 ancient spiritual modalities designed to educate, deeply heal & free the feminine form. This practice will empower women in a safe and caring environment. *Contact Rosanna* info@arohalove.co.nz

Fri 7 May - 25 June 6.00pm - 7.00pm \$10 p/class

Classes

Questioning?... & More



**Ellie Lim &
Cissy Rock**

A group for women who are questioning their sexual orientation. This group is participant directed, and provides a space for women who want a confidential, safe, supportive and non-judgemental, space to talk about same sex attraction. Come along, ask questions, share, this is a safe, non-judgemental environment. (4 weeks).

Mon 5 July - 26 July 7.00pm - 9.00pm FREE!

Learn and Create

This workshop takes you through a self-exploration journey where you'll create your very own work of art collage on canvas. Lucie will help spark your imagination and provide all the materials you need to bring your ideas to life. All materials and design guidance are included. (1 day).



**Lucie
Blaževská**

Saturday 1 May 10:00am - 1:00pm \$10

Open and Honest (Online)



**Family
Planning**

Talking to Children About Sex, Sensuality and Sexuality. A three session workshop 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. (3 sessions).

Mon 7 - 21 June 7:30pm - 9:00pm FREE!

EFT Tapping

EFT (Emotional Freedom Techniques), or EFT Tapping, involves gentle, stress management techniques to help you learn to manage your feelings and thoughts to remain calm amidst everyday challenges. Private session.



**Robyn
Shepherd**

To be arranged when you schedule a course. \$240

Classes

Connecting With Your True Authentic Self

Want to become the best version of yourself? Join this two-part series with tools and techniques to help you connect to your true, most authentic self. Through aligning towards our true authentic self, we empower ourselves in new effective ways so that we can experience more success. (2 sessions).



**Joanna
Walden**

Sat 22 & 29 May 1:00pm - 4:00pm \$50 - \$80

Women's Self Defence



**Julie
Porier**

A fun, supportive class for women (16+). Learn and practice simple mental, verbal and physical techniques. Women of all ages, abilities and fitness levels warmly welcome. This course will give you the skills to assert your boundaries and stay safe, including harassment from strangers in public, people we know and in our relationships. (1 day).

General Women's Self Defence

Sunday 20 June 9:30am - 4:00pm FREE!

Migrant Women's Self Defence

Sunday 23 May 9:30am - 4:00pm FREE!

Regenerative Yoga

Weekly classes held for all women, open to any age, health, size and physical capability. Classes are 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.



**Amanda
Hookham-
Kraft**

Every Tuesday 9:30am - 10:45am

\$20 per class \$200 for an 11 class concession