



Auckland  
Women's  
Centre

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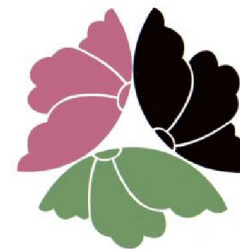
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I have set up an Automatic Payment to:  
**Auckland Women's Centre Incorporated**  
**12 3012 0782605 00**  
Please use **your name** and **supporter**  
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Auckland  
Women's  
Centre

4 Warnock St, Grey Lynn, Auckland  
Mon-Fri, 9am-4pm  
Ph: 09 376 3227  
PO Box 78 271, Grey Lynn, Auckland 1245  
[info@womens.org.nz](mailto:info@womens.org.nz)  
[awc.org.nz](http://awc.org.nz)



Auckland  
Women's  
Centre

## Help us transform women's lives




Trusted since 1975, we have seen many victories in our work for better lives for women, but challenges remain. We believe in equality for all women in our Tiriti-based, sustainable, multicultural future that acknowledges the mana of tangata whenua.

 We are working for change that transforms women's lives today and into the future.

## Women's Support

We are there for women having a really tough time. They come to us because they don't know where else to go, and they don't leave until they get the support they need. We link women with our programmes or put them in touch with other places that can help.

 Nearly 4,000 women accessed Women's Support last year.


## Personal Counselling

Counselling changes lives. Our counsellors specialise in issues affecting women. We charge on a sliding scale depending on income because high quality counselling shouldn't be a luxury only a few can afford.

 Our counsellors supported over 400 clients last year.

## Education and Groups

Our affordable community education improves women's wellbeing. Women gain confidence, build relationships and learn new skills. Taught by experienced tutors, our courses change with the needs of our community.

 Last year more than 250 women benefited from our education programme.

### Women's Support

*"For some women it's difficult to ring Shine for the first time because they know their life will change dramatically – that can be a scary thought. Often they'll ring Women's Support, who gives them the help they need to ring Shine."*

Jill Proudfoot, Client Services  
Director, domestic abuse specialist charity, Shine.

### A Voice for Women

*"I support the team at Auckland Women's Centre because they shine a light on inequities and work hard to address them."*

Papatuanuku Nahi (Ngāpuhi nui tonu)  
Director, Awa Associates.

### Counselling

*"Working with the counsellor challenged me, nurtured me and got me through a really rough period in my life. I am no longer in an unhealthy relationship and I'm clear about how I will approach potential relationships in the future."*

Tessa\*

## A Voice for Women's Equality in Aotearoa New Zealand

Our community forums bring women together. It's about building networks, raising awareness and developing solutions. We don't shy away from the hard issues e.g. women in prison, homelessness, online harassment and women's poverty.

 Over 800 people have attended our community forums in the last 2 years.

We run the Auckland Pay Equity Coalition, 22 groups lobbying government for a fair pathway to equal pay.

We lead the Coalition for the Safety of Women and Children, 11 groups addressing policies that enable the systemic abuse of women. Our work has been significant in motivating Government to improve domestic violence laws.

## How we work

We welcome everyone who identifies as a woman, especially women who face multiple challenges due to inequality including: Māori and Pasifika women, single mums, migrants, LGBTQ and young women.

## How you can help

We have never faced such a difficult funding climate. Many outstanding organisations around us have folded after years of underfunding. We have stood strong for 42 years and plan to continue for 42 more (at least!).

The Women's Centre of tomorrow is people powered. Will you join us?

Learn more about what we do at [awc.org.nz](http://awc.org.nz)

### Girls' Self Defence 7-12 Years Old

*"I used to be someone small and shy, but now I feel clever, strong and brave."*  
Emily\*

### Coming Out Group

*"It gave me the support I needed to start coming out to my family. Something I have been struggling to do for years."*  
Steph\*

### A Voice for Women

*"Helping extend paid parental leave and coordinating the Auckland women's sector to improve equal pay laws – just two of the ways AWC fights hard for women's equality."*  
Professor, Judy McGregor, Patron.

\* Names have been changed.

### Empowering Single Mums

*"As well as parenting skills, it also gave me lots of great survival tips, like how to budget. Also I made some good friends."*  
Maia\*

MSD funded SKIP positive parenting project 2009-2017

### Building a New Life after Separation

*"I was just an empty vessel at that time. The course helped me get back in touch with my real self. I started walking, stopped drinking and made some new friends."*  
Penny\*