

# Tatiana's story

## Auckland Women's Centre gave me a support network when I felt very alone

It was while sitting in a hospital waiting room with a sick child that Tatiana, a newcomer to Auckland, first heard about the Auckland Women's Centre (AWC).

"I was chatting to another woman about how overwhelming it is when you are a single parent in general and especially when your child is sick." The woman then told Tatiana about AWC and the SKIP (Single Mum) programme it runs.

Having just moved to Auckland from Australia with her two girls, Tatiana was feeling very alone particularly as she had also recently separated from her partner. "The separation was still on top of me and I felt very alone." There was also no extended family or friends nearby.

Once Tatiana made contact with AWC, she became involved in the SKIP programme which included regular meet-ups for single Mums and their children and, with that, an opportunity to build a support network. "I really made some good friends out of the SKIP programme. The programme itself also gave you lots of great practical survival tips (for single parents), including how to budget," says Tatiana.

In addition to attending the meet-ups and helping to build a community garden, Tatiana also enrolled on some of the courses AWC has to offer such as **CV and Job Interview Skills**, Sour Dough Making and **Amazing Assertiveness** – an empowering course designed for women. "They were all great courses, however the CV writing course was really fantastic as it helped me to build up confidence in my career. I now have a job in IT support which was what I had been aiming for and this course really helped me achieve my goal."



While Tatiana is now based in Wellington, she remembers her experiences at AWC with fondness and gratitude. "The support really was amazing...it's the little things that make a difference such as knowing there is someone you can rely on when you need help. My new towels came from AWC (from a donation that had been given to AWC) and they also did a clothes swap which was so helpful having just moved here with 2 little girls."

"I would really have struggled even more without the support I received from AWC," says Tatiana.

To find out more about the latest courses running at Auckland Women's Centre visit: [www.awc.org.nz](http://www.awc.org.nz). Counselling and other support services are also available. Please visit our website or contact the centre directly on (09) 376-3227.