

Activities

Feminist Action *Katherine and Caryn* **For a just and co-operative society**



A dynamic group of women from diverse feminist persuasions. Discuss topical issues, learn about feminism together, plan manageable local actions and join in larger activities happening around Auckland. (Monthly)

For more info contact:

aucklandfeministaction@gmail.com

First Wed of month 7.00pm-9.00pm FREE

Rainbow Women's Social Night *Ellie Lim*

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

Last Wed of month 7.00pm-9.30pm FREE

Diversity Forums

Come along to our community forums which celebrate diversity and promote inclusivity! We explore topical issues, connect women and enable different women's voices to be heard.

Women and Disability

An exploration of the ways gender intersects with disability, what this means for women with a disability and what policies we should pursue.

To register your interest:

p: 376 3227 x 0 e: info@womensz.org.nz

Tues 13 Mar 7.00pm-9.30pm Koha

**Freemans Bay Community Hall
52 Hepburn Street, Ponsonby**

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

ANZ Staff Foundation, Creative Communities Scheme, 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, 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

Summer @ AWC Term 1 2018

PO Box 78 271, Grey Lynn, Ak 1245

4 Warnock St, Grey Lynn, Ak 1021

Phone 376 3227 x 0

info@womensz.org.nz

www.awc.org.nz

Girls & Young Women

Poetry and Spoken Word *To'asavili Telea*



Poetry with attitude. Speak YOUR truth, tell YOUR story. Practise the art form of writing and performing spoken word. A one day workshop for young women. (1 day)

Sat 17 March 10.00am-4.00pm \$15

Girls' Self Defence

Morgan Libeau

Give your daughter the opportunity to learn to: use verbal and physical ways to deal with assault/abuse, identify un/safe people and situations, resist unwanted/uncomfortable touch, know how to say NO! in unsafe situations and know to tell a trusted adult. A serious subject dealt with in a fun way for girls aged 7-12. (1½ days)

Fri 6 April 4.00pm-6.00pm & \$50
Sat 7 April 10.00am-4.00pm
\$90 for 2 sisters \$130 for 3 sisters



Drama and Story telling

Alice Canton

An opportunity for young women to learn new skills, connect, and share their stories through performance. Participants will be introduced to the fundamentals of theatre-making and storytelling. Through exercises and games we will find our voice and move our bodies, using improvisation, text, movement and gesture. You do not need any prior performance experience. This is a safe and supportive environment where you can be your authentic self. A two day workshop for young women. (2 days)

Sat 5 May 10.00am-4.00pm \$20
Sun 6 May 10.00am-4.00pm



Classes

Jewellery Making

Hanady Azar



Learn how to make fashion jewellery, single or double strand necklaces, different fashionable designs, bracelets from chains and hairbands, pendant beads, chains and much more. This is a practical workshop for women who have an interest in art, craft and design. No previous experience necessary, bring small scissors, other tools supplied. (4 wks)

Thurs 22 Feb-15 Mar 11.00am-12.30pm
\$8 per session or \$20 for all 4 sessions

Amazing Assertiveness

Carol Rewega

Find it hard to say NO? Feel resentful that people take advantage of you? Keep things bottled up, then find yourself "exploding"? Feel that people don't listen or take you seriously? If you answered "yes" to any of the above, then this is the course for you. Join other women in a supportive environment to find out how to make positive changes in your life through being assertive. Fun, informative and really helpful! (7 wks)

Tues 27 Feb-10 Apr 6.30pm-8.30pm \$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
Fri 16 Feb-26 Mar 6.00pm-7.00pm \$10 per class
Beneficiaries and low income earners \$5 per class

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 9 April 6.00pm-8.00pm \$10-\$30

Regenerative 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
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

Support Groups

Single Mums on Sunday

For single mums by single mums
Facilitated by Leonie Morris



This is a friendly and relaxed afternoon in a supportive and non-judgemental space for single mums with children under 5 years. We often have giveaways for families. (Monthly) For more details contact Leonie: e: akcentre@womenz.org.nz
Last Sun of the month 12.30pm-3.00pm FREE