

Support Groups

Solo Mums: Resourcing the source

Wende Jowsey

A facilitated support group for mothers who are parenting on their own. Have some time out, talk about your future, learn some self-sufficiency skills, access useful resources, and get parenting tips. Free crèche provided. (7 wks)



Thurs, 27 Feb-17 Apr 10.00am-12.00pm FREE

Building a New Life After Separation

Joan Prairie

Surviving separation after a relationship can bring a range of emotions such as grief, anger and confusion. You will learn practical as well as coping skills to help you reclaim yourself and begin to rebuild your life. (1 day)

Sat 5 April 9.30am-4.00pm \$30-\$50

Single Mums' Coffee Group/Play Group

For single mums by single mums. Morning tea and toys provided. Come and enjoy a chat and meet more single mums and their families. Feel free to come without your children if they aren't with you that morning.



To register contact Rochelle on: p: 376 3227 ext 203
m: 021 0293 7195 e: skip@womensz.org.nz

Auckland Women's Centre, 4 Warnock St, Grey Lynn
Monthly, Fri 10.00am-12.00pm FREE
14 Feb/14 Mar/11 Apr/9 May/June 6

Single Mums' Meet Up

Rochelle Carr & Core Group

These meet ups cater for Single Mums topics. January's topic is 'Holidays and your Single Mum Family'. February's topic 'Gender Stereotypes and our Children'. These themes allow single mums to share experience and expertise. Free childcare provided. Morning tea. Let us know of a topic you would like to have discussed.

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Monthly, Fri 10.00am-12.00pm FREE
31 Jan/28 Feb/8 Mar/23 May/20 June

How do I enrol?

Phone
376 3227

Email
info@womensz.org.nz

Mail
PO Box 78 271
Grey Lynn
Ak 1245

Visit
4 Warnock St.
Grey Lynn
M-F, 9-4

Bookings are essential for all courses/workshops.

Enrolments are confirmed on payment of course fee.

Some fees are on a sliding scale, with students and beneficiaries paying the lowest amount.

Drop by with cash or cheque to our street address, post cheques to our PO Box or pay by internet banking: ASB, Grey Lynn, account number: 12 3012 0782605 00

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.

Services

Our Information, Advice and Referral Service is available Monday to Friday from 9am-4pm and our therapeutic massage service operates every Monday between those hours. Our flower remedies clinic also operates on Mondays monthly. Low cost counselling is available Tuesday to Friday on a sliding scale of \$40-\$80 per session. Please phone 376 3227 ext. 0 for more details or check out www.awc.org.nz

We gratefully acknowledge the support of

ANZ Staff Foundation, ASB Community Trust, Auckland Council, Auckland Council Creative Communities, Community Organisation Grants Scheme, CueSport Foundation, First Sovereign Trust, Four Winds Foundation Ltd, Fuji Xerox, GABA Charitable Trust, Guardian Trust, Infinity Foundation, John Ilott Charitable Trust, Lion Foundation, Ministry of Education, SKIP Ministry of Social Development, New Zealand Lottery Grants Board, Nautilus Foundation, New Zealand Post, North and South, Pub Charity, Rule Foundation, Sir John Logan Campbell Residuary Estate, Sky City Auckland Community Trust and Trillian Trust.



Auckland
**Women's
Centre**

Te Roopu Wahine o Tamaki Makaurau

**Facilitating empowerment
and well-being for women**

*Summer
2014 Courses*

PO Box 78 271, Grey Lynn, Ak 1245
4 Warnock St, Grey Lynn, Ak 1021
Phone 376 3227
Fax 376 1817
info@womensz.org.nz
www.awc.org.nz

Classes

The Science of Happiness

Annalise Roache



Happiness is not a one size fits all! Would you like to increase your happiness? Current science tells us that happiness is influenced by genetics and our life situation. Part of our happiness comes with us at birth but there is also a significant portion that we can influence, in fact research tells us it is as much as 40%! Annalise Roache (ACC), is an internationally accredited coach and passionate enthusiast of positive psychology. In this safe and fun environment you will explore new techniques, tools and create a 12 month action plan which will influence your happiness forever. (6wks)

Tues, 4 Mar - 8 Apr 6.30pm-8.30pm \$50-\$90

Hatha Yoga

Simone Bonny

In this course you can learn the correct use of Ujai breath, familiarity with basic postures, the link of the movement to the breath, simple flowing sequences and ways of modifying classical postures to suit your specific individual needs. Open to all: any experience, any age, any size, any physical capability. To book or for further info contact Simone on: m: 021 776 119 e: sbonny@ihug.co.nz



Every Tues 9.30am-10.45am

\$120 for a 10 class concession card or attend week-by-week for a casual rate of \$15 per class booking together

Sacred Tantra Bellydance

Rosanna Marks

A fusion of 2 spiritual modalities designed to empower, heal & free the feminine form. Learn about ancient tantric philosophy; chakras, mudra, body awareness, honouring & beautiful Bellydance routines & rituals that reflect the tantric philosophies.

These classes are for every woman; all ages, size and shape. (8wks)

p: 0800mindbody e: info@arohahealing.co.nz

Fri, Feb 21 - Apr 11 6.00pm-7.00pm \$10 per class Beneficiaries and low income earners \$5 per class



Girls' Self Defence

Morgan Libeau



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

Fri 7 Mar 4.00pm-6.00pm & \$40

Sat 8 Mar 10.00am-4.00pm

Concessions also available for two or more girls

SKIP Positive Parenting Workshops

Rochelle Carr

Interesting and fun parenting workshops, where sharing experiences helps us to discover what works well. Learn about SKIP (Strategies with Kids, Information for Parents). Topics can include effective discipline, speaking positively to children, tantrums, parenting in a single mum family. Free childcare provided. To register contact Rochelle on: p: 376 3227 ext 203 m: 021 0293 7195 e: skip@womens.org.nz



f: www.facebook.com/SKIPSingleMumsAWC

SKIP Parents and Caregivers' Workshop (4wks)

Roskill South Oasis Hub, 56 Glass Road, Mt. Roskill.

Starts Thurs 20 Feb 9.30am-11.30am FREE

SKIP Positive Parenting session (2hrs)

Royal Road Hub, 122 Royal Road, Massey. FREE

Wed 18 Feb 9.00am-11.00am FREE

SKIP Single Mums' Workshop (4wks)

Roskill South Oasis Hub, 56 Glass Road, Mt. Roskill.

Starts Thurs 20 Mar 9.30am-11.30am FREE

Women's Bookclub

Kirsten Shaw

A place for women looking for good literature and good conversation. This group meets monthly, on the third Sunday of every month. The group chooses its own book to discuss. Call 376 3227 for book titles.



3rd Sun of month 4.00pm-6.00pm FREE

Mindfulness

Michelle Rush and Natalie Bryce

Life can be incredibly chaotic and busy and sometimes we need support to slow down and to focus on what is truly important to us. If you are feeling a bit overwhelmed with life, then learning to practice mindfulness may be a way to give you back your sense of empowerment. Mindfulness can help to reduce anxiety and pain, and find your own sense of calm, to accept 'what is' and reconnect with what brings you joy in life. (7wks)



Mon, 24 Feb - 7 Apr 6.30pm-8.30pm \$50-90

Budgeting: Intuitive Financial Strategies

Lisa Dudson



Do you want to learn some creative and easy ways to manage your money and make the best financial decisions you can? Lisa Dudson guides us through simple ways to make sure every dollar you earn is put to good use, increasing your financial knowledge in a non-technical and easy to understand way. (2hours)

Mon 14 April 6.00pm-8.00pm \$2-\$5

Activities



Single Mums' Family Fun Day

Following on from the success of last year's inaugural Single Parent Family Fun Day, we are having a morning of fun, celebration, and connection. Old school games, bouncy castle, healthy snacks, free raffles, face painting, ice blocks.

Contact Rochelle for more info: p: 376 3227 x 203

m:021-0293-7195 e: skip@womens.org.nz

Sat 15 Feb 10.00am-12.00pm FREE

Roskill South Hub, 56 Glass Road, Mt. Roskill.

Single Mums Kids' Disco

Fairy lights and a disco ball! Come along and have some fancy footwork fun with your children. Bring favourite CDs and downloads. Nibbles, water and juice will be provided.

Registrations are essential: e: skip@womens.org.nz p: 376 3227 x 203 m:021-0293-7195

Sat 5 April 5.00pm-7.00pm FREE

