

## FREE Lunchtime Lectures.

### Held at the Women's Centre.

#### Winter Skin Care

**Wednesday 22 May 12.30pm - 2.00pm**

Winter is nearly upon us leaving our skin and lips sensitive to the elements. Come and learn with Kirsty Clark - tips and tricks about winter skin care and makeup and make a lip balm to take home.

#### Basic Car Care and Maintenance

**Wednesday 29 May 12.30pm - 2.00pm**

Come and learn how to take care of your car and how to do basic maintenance on your own with Kelly from STR Automotive.

#### “What Am I Going to Eat Now?”

**Wednesday 12 June 12.30pm - 2.00pm**

It can be confusing and overwhelming when you or a loved one is diagnosed with a food allergy or intolerance, Registered Nutritionist Nicole Wilson will share tips and tricks on how navigate this new 'normal'.

#### Fight Winter Ills and Chills Naturally

**Wednesday 19 June 12.30pm - 2.00pm**

Come and learn how to make natural remedies for winter ailments and fight off winter bugs with Naturopath and Medical Herbalist Tania Vallance.

### Bookings Essential: Call or register online.

### Give a Kid A Blanket Appeal:

We will be starting collecting in Term Two. Clean bedding, pyjamas and new hot water bottles appreciated. Donations can be left at the centre 9.30am—2.30pm weekdays.

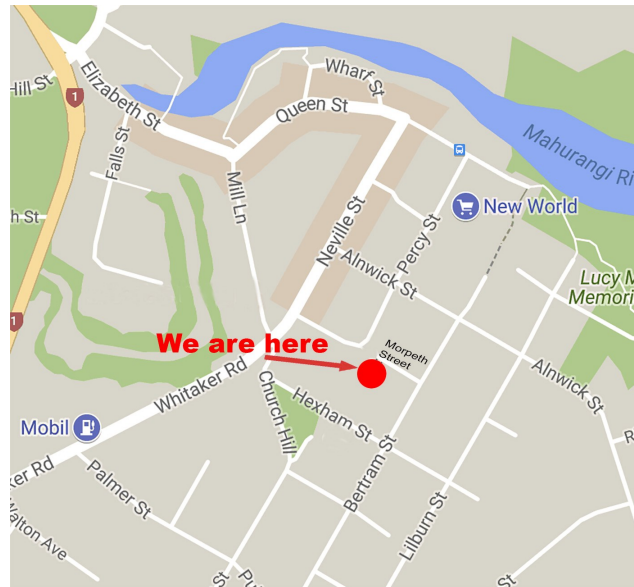


### How do I enrol?

Bookings are essential for all courses and workshops. Enrolments are confirmed on payment of course fee.

We prefer online payment. Please deposit the course fee with a reference to the course name (eg “CLAY”) and your surname. Our bank account number is 03 0481 0064864 28

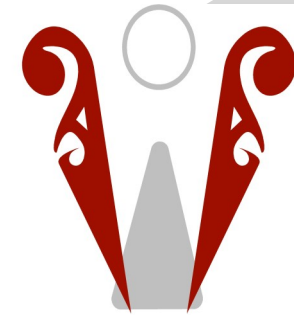
Payment is due seven days prior to course commencement. Fees are not refunded if you withdraw within two working days of the start date. Sometimes if we don't have enough participants we will have to postpone a course. Your course fee will be fully refunded if you are unable to attend the course on a different day.



### THANK YOU

*We are grateful for the support of*

Foundation North, Community Organisations Grants Scheme, NZ Lotteries Grants Board, Creative Communities NZ—Rodney District, Sky City Community Trust, Ministry of Social Development, Auckland Foundation, Auckland Council and the ongoing contributions from people in our community.



**Women's Centre**  
RODNEY

**Community Services  
and Courses**

**TERM 2 2019**

**10 Morpeth Street  
P O Box 389  
Warkworth**

**09 425 7261 / 0800 237674**

**info@womenscentrerodney.org.nz  
www.womenscentrerodney.org.nz  
Facebook: Women's Centre Rodney**

**Monday to Friday 9.30am to 2.30pm**

## Our Services

**Drop In 9.30am—2.30pm:** The centre is a quiet, welcoming space to stop by, meet Centre staff and use the premises. Mums are welcome to feed and change babies or just relax. Playground in our backyard garden.

**Information & Referrals:** We offer a variety of resources which give up-to-date information on community groups & services, We also have a community notice board and a library.

**Counselling:** We offer safe, supportive, low-cost individual sessions. Women with dependent children are eligible for 6 FREE sessions of counselling. Our counsellor in training is available for women without dependent children at no charge.

**Legal Clinic:** Free clinic commencing open every third Friday.

**10 May (Homebuilders) 31 May, 21 June, 12 July (Homebuilders).**

Please contact Centre for details and appointment

**Massage: (Tuesdays by appointment).** : Lianne offers a synergistic fusion of warm oil massage combining Hawaiian Huna, Ayurveda, Swedish, Holistic Pulsing, Acupressure, Reiki and Intuitive Healing. **\$55 for one hour. Lianne Divine 0212200326.**

**BodyWork Massage:** Combines complementary therapy techniques Swedish, myofascial release, reflexology and aromatherapy for relaxation, increased energy, pain and stress relief, detoxification and improved circulation. **Karen 02041355129.**

## Term 2 Courses

### Personal Development

Would you like to feel empowered, supported and resourced to face life's challenges, enjoy your relationships and meet new friends? Come and join our weekly support group that encourages learning, sharing, mindfulness and inner-growth.

**Starts: Monday 29 April for 10 weeks**

**Time: 10am- 12.30pm Where: Women's Centre**

**Facilitator: Heidi Downey Cost: FREE**

### Self Defense & Personal Safety for Women

Learn physical and verbal self-defense actions and strategies to keep safe. Discuss topics such as safety, situations and fears and gain more confidence, self esteem and self awareness.

**This FREE one-day workshop will be run when we have a minimum of 12 participants. Register interest now.**

**When: Saturday 29 June Time: 9:30am - 4:00pm**

**Tutor: Rana Moir Where: Warkworth Cost: FREE**

### Wahine Toa

An informal get together for local Māori women to meet up and connect. 10am—11.30 Wednesday fortnightly.

**Facilitator: Ahnya Martin Where: Women's Centre**

### Young Mums' Educational Programme

For young mums aged 24 years and under, network with other mums, explore positive parenting, life management skills and strategies for raising happy and healthy children. Morning tea and some childcare is provided.

**Starts: Thursday 2 May for 10 weeks**

**Time: 10am - 12.30pm Where: Women's Centre**

**Facilitator: Colleen Julian Cost: FREE**

### Pasifika Women's Group

Come and meet other women from the Pacific to connect, learn and share.

**Starts: Tuesday 30 April for 10 weeks**

**Time: 10.00am to 12.30pm Where: Women's Centre**

**Facilitator: Heidi Downey Cost: FREE**

### Creative Courses

#### Harakeke/ Flax Weaving workshop

Learn basic flax weaving skills from an experienced local weaver and create a waikawa basket. Students are also introduced to the customs (tikanga) around working with flax.

**When: Saturday 25 May Time: 10am - 2.30pm**

**Tutor: Britta Conrad and Rosanne Davies**

**Where: Warkworth Cost: \$45**

#### Creative Expression through Painting

Awaken your creative potential, have fun and learn to paint with high quality watercolour. No previous drawing or painting skill required to achieve exciting results. Warm up with various art media & complete a large watercolour painting to take home.

**When: Saturday 8 June Time: 9:30am - 3:00pm**

**Tutor: Tiina Power Where: Kourawhero Hall Cost: \$45**

#### Clay Workshop

A one-day workshop at private studio The class will start with an introduction to clay, making pinch pots, joining them. Followed by creating, decorating and texturing another sculpture using your new skills.

**When: Saturday 15 June Time: 10am - 2.30pm**

**Tutor: Emma Zhang Where: Dome Valley Cost: \$45**

## Careers and Computers

### Making Your Way in the Workforce

Are you looking to return to the workforce or maybe need the courage to find a new job? This workshop will help prepare you for interview situations, teach you how to prepare an application and help you identify strengths and skills. Will also cover confidence building, self-belief and communication.

**When: Friday 21st June 10.30—2.30 Cost: FREE**

**Where: Women's Centre**

**Facilitator: Bev Giles, Time to Shine Coaching**

### Publisher: 17 May to 7 June

Learn how to use Microsoft Publisher. The course includes understanding layout, margin, column, row, and ruler guides, creating and linking text boxes, inserting tables, shapes and pictures, personalizing, creating a template and more.

For people who have some experience in using a computer and have a thorough knowledge of Word

**Fridays starting 17 May for 4weeks Cost: FREE**

**Tutor: Senior Net, Warkworth RSA basement.**



### Computer Skills: 14 June to 5 July

#### Getting Started With Computers

For those who have never used a computer or do not have confidence using one.

#### Essential Computer Skills

Formatting, filing, page set up, navigating, indents, spacing and printing. For people who have some experience in using a computer.

#### Excel Part 1

Develop skills in using Excel including formulas, moving and copying data, formatting, autosum, freezing panes and charts. For people who have experience in using a computer.

#### Organising your Windows 10 Computer

Includes understanding disc organization, copying, saving, moving, naming and deleting files and folders, creating a folder, structure and disc maintenance. To take part you must have experience using a computer and have a thorough understanding of Word.

**When: Fridays starting 14 June for 4 weeks Cost: FREE**

**Time: 9.15am-11.15am**

**Tutor: Senior Net, Warkworth RSA basement**