

Support & wellbeing

FREE CONFIDENTIAL COUNSELLING

A safe space to talk about stress, anxiety, grief, relationships, parenting, life changes and more. Free for eligible women; other options may be available.

Call 0800 237 674 to talk through your options.

Free monthly legal clinic

Phone or face-to-face appointments. Book ahead.

FRI 16 OCT Legal clinic

FRI 20 NOV Legal clinic

FRI 11 DEC Legal clinic

A little Christmas kindness

Our Christmas Appeal begins at the end of November. We'll be collecting new gifts for local families. Ask us how you can help.



About us

For over 30 years, we've been here for women through every wobble, rebuild and milestone. Come as you are — whether you're looking for support, exploring something new or simply dropping in.



Thank you!

Our programmes and services are made possible through the generosity of our funders, partners, volunteers and the ongoing contributions of people in our community.

With thanks to the Mental Health Foundation, Community Organisation Grants Scheme, NZ Lotteries Grants Board, Lister Presbyterian Health Trust, Creative Communities NZ, Oranga Tamariki, Auckland Council, Pub Charity Ltd, Sisters of St Joseph and Wright Foundation.

Find us

10 Morpeth Street, Warkworth
09 425 7261 | 0800 237 674
info@womenscentrerodney.org.nz
womenscentrerodney.org.nz

DROP IN •

Weekdays, 9.30am–2.30pm



Term 4 2026

Stronger Together

SUPPORT • LEARNING • CONNECTION • GROWTH

Here for you - in the calm, the chaos and everything in between.

Whether you're looking for support, keen to learn something new, wanting to build your confidence or simply fancy a cuppa and a chat, there's plenty happening at Women's Centre Rodney.

From counselling and parenting support to practical skills, creative workshops and opportunities to connect, there's something for women of all ages and stages.

Rodney....

Warkworth • Wellsford • Puhoi • Snells Beach

Circle what takes your fancy and come along!

Personal Growth & Development

MON 12 OCT – 16 NOV Deepen Your Art Therapy · 10am–12pm · \$30 course

MON 12 OCT – 9 NOV Cooking for Wellbeing: Summer Edition with Shannon · 6–8pm · \$30 course

MON 19 OCT, 16 NOV & 14 DEC The Leadership Table with Dr Eileen Piggot-Irvine · 5.30–7.30pm · \$10/session

TUE 20 & 27 OCT Zentangle Mandala with Desiree · 1–3pm · \$20 course

WED 21 OCT – 11 NOV Ni Hao! Chinese for Everyday with Emma Zhang · 10am–12pm · \$20 course

TUE 3 & 10 NOV Brew & You: coffee skills in a real café · Snells Beach, 4–6pm · \$50 course

TUE 17 & 24 NOV Spiral Beaded Necklace with Sue · 1–3pm · \$20 course



Connected Mothers, Stronger Futures



Groups, workshops and resources for the realities of motherhood — from navigating change to building your own village.

TUES 13 OCT – 15 DEC Mums Life: Raising Children, Growing Ourselves · ages 24+ · 10am–12pm · FREE

THURS 15 OCT – 17 DEC Young Mums & Mums-to-be · ages 18–24 · 10am–12pm · FREE

TUES 13 OCT – 15 DEC NEW Puhoi Postpartum Mothers Group with Parent Support Postpartum Services · 77 Puhoi Road · 10 weeks · \$30 koha

Workshops for mums

FRI 16 OCT Matrescence: The Becoming of a Mother · 10am–12pm

FRI 23 OCT Perfectly Imperfect Parenting · 10am–12pm

FRI 30 OCT Relationships After Baby: Keeping the Connection · 10am–12pm

FRI 6 NOV Relationships After Baby: Friends, Family & Motherhood · 10am–12pm

THURS 12 NOV Get Your Pink Back · 6.30–8pm

THURS 19 NOV Building Your Village · 6.30–8pm

The Village NZ Parenting Hub offers a free online community and resources. Ask us for details.

Connect, Create & Grow

WARKWORTH | Wise & Well Wednesdays, 1–2.30pm; Friday activities, 10am–12pm.

Walking group Fridays from 16 Oct, 8.30–9.30am.

WED 14 OCT Where did my week go?

FRI 16 OCT Beaded Necklace with Sue

WED 21 OCT When did fun become another to-do?

FRI 23 OCT Gardening & Omelette with Flo and Christine

WED 28 OCT Savvy savings with Lisa Trist

FRI 30 OCT Lemon Delicious Pudding w Janene

WED 4 NOV Families — you've got to love 'em

FRI 6 NOV Beaded Christmas Wreath with Sue

FRI 13 NOV Progressive Sketching with Jill

WELLSFORD | Tuesdays, 10am–12pm · Wellsford Community Centre

TUE 13 OCT Money tips & savings with Lisa

TUE 3 NOV Chicken Traybake with Deirdre

TUE 10 NOV Paint Your Cup with Emma from Rui Ceramics

TUE 8 DEC Christmas Decorations with Sue

