









If Women's centre Intro to Art Therapy Heidi Downey

This experiential course offers a taster of Art Therapy techniques to process. You don't need at have had any art experience to attend this 6

Monday 19 Feb - 25 Mar 10:00-12:30

Women's Centre Rodney







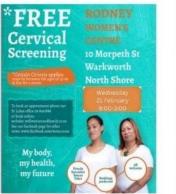


Every Tuesday starting 13 February 11:00- 12:30 pm

Stroll, chat and connect - a chance to enjoy the fresh air, gentle exercise and meet people and end with a

Women's ce















Drive, Warkworth



START DATES Tues 31 Jan -

Wed 1 Feb Teacher Only Days

Thurs 2 Feb Year 9 & 13 Fri 3 Feb

Year 9 & 10 Tues 7 Feb All Students

ool office 09 423 6030 etter tomorrow'



opular clay workshops are held at the Kowhai Arts Centr



Women often start their journey with the women's centre as young mothers, where the

Centre encourages women's involvement at all ages

add two new options to its already extensive response to gaps that have been identifi range of courses next year, which are designed to help women at all stages of their lives.

The two courses are SuperGrans and Move

Centre manager Jo Nicholson says the name SuperGrans is about to change to reflect that it is about sharing skills from all age groups, not just grandparents. It is about matching people who have a particular skill with people who want to learn that skill. This could be a craft, cooking, gardening or any number of other options, and the centre welcomes ideas

Move Up will be a nine-week programme starting on February 14. The target audience is recently-separated women, empty nesters or anyone who has had a significant career change.

from would-be volunteer tutors.

"Outwardly, a lot of women look like they are doing okay but when there are major upheavals in our lives, we sometimes lose our focus," Jo Nicholson says,

"We think this will suit a range of women who are coping with new challenges in their lives. Sometimes just sharing those challenges with others who are going through a similar

Women's Centre Rodney in Warkworth will Jo Nicholson says both the courses are in the current programme.

"They also allow us to tailor to our or communities, but with courses that ha proven national success."

Between January and August last the centre interacted with more than women, facilitating legal advice, yo mothers support, personal developm health support and counselling.

Lunchtime and evening get-toget covered subjects such as tenancy agreem guardianship, nutrition and naturopatl Jo Nicholson says while the centre

always informally catered for wome all ages, this approach is becoming

"The aim is to provide women v pathway to stay connected with the cen that as they complete courses, there are options to support them on their journ Regular courses that will again be o this year include clay workshops, crai weaving and self-defence. Other acti include a regular walking group, M. for Mums and crafty conversations.

For more information, contact the at info@womenscentrerodney.org.n phone 0800 237 674.

A year of growth and support

The Women's Centre Rodney, based in Warkworth, has been supporting women in the community since 1987. Dedicated to providing ways to inform, support, and empower women and their families, with a focus on connecting women with each other and with the Women's Centre Team, 2023 saw increased and improved services offered under the leadership of Jo Nicholson in her first year as Centre Manager.





Floods and Cyclone Gabriel meant 2023 started for Women's Centre Rodney with a focus on supporting whanau dealing with a difficult and unexpected start to the year. Fortunately this is what the centre does best and it was not long before women were able to access crisis support, pop in and use the shower, accept a food parcel or simply spend some time with a cup of tea and a friendly face. "We realised that the new year was going to be challenging for many

development, drop in centre support navigation of local support services and advocacy for women at any stage of their journey. These services were well utilised in 2023 with many new faces coming in and a greatly expanded social media presence.

Due to the pressures of the cost of living crisis. Jo made a commitment at the start of the year to offer a full program at the least amount of cost to women as possible dog biscuits and learning how to make an

A huge part of the expansion of the Women's Centre in 2023 was the consolidation of the Super Grans program. An expanded volunteer base has brought an exciting array of skills and mentoring opportunities to share with the community. Skill sharing was also expanded into the community with Connect Me, a series of workshops run

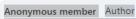
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Chervl Fenwick

I'm happy to be a support person. I've had depression for around 30 years, now late 40s. If they are female. I'm good with coffee or a walk. Women's **Centre Rodney** is such a beautiful safe space too.





Cheryl Fenwick that is such a kind offer, thank you, but my friend is male. Really appreciate the gesture.

4d Like Reply



Cheryl Fenwick Really admire Women's Centre too

5h Like Reply

View more comments













Thanks for today everyone, so lovely spending time outside with all the babies



♠ Saff replied to Maia

Thanks for today everyone, so lovely spending time outside with all the babies

100% I didn't realize I really needed that break 😩 💗





Yesss definitely!!! And thanks for the yummy food!! X





It's always so nice to actually have some interaction with people 🐸









































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Friday's 2024 with Heidi 2024

Fri, 16 Feb. | Womens Centre Ro... Mon, 19 Feb | Womens Centre R.

SuperGrans

GARDENING

Wednesday 28 Feb, 27 March

Multiple Dates

Gardening -

Maintenance and...

Wed, 28 Feb. | Womens Centre R.,





Financial Wellbeing Lunchtime...

Wed, 06 Mar | Womens Centre ...



We are hosting

Holistic Pulsing

Massage with Heid

Mon, 19 Feb | Womens Centre I

Women's Holistic Pulsing Massage

FREE Legal Clinic with Rebecca

Fri, 08 Mar | Womens Centre Ri

Cervical







give clarity to the mind and can induce Free introductory session with

Caroline Hailstone. NEW date:

Wednesday 30 August 2023

Women's Centre







022 1938616

We are hosting

Women's

Women's Wellbeing

Aroma Kinesiology

Colour Nutrition

WEDNESDAYS BY

APPOINTMENT

Naturopath

Iridology

Lifestyle

SELF CARE



with Yvonne Gitt

TUESDAY 28 NOVEMBER

Health Heroes NZ \$30.00



LUNCH TIME SEMINAR

#Explore Financial

wellbeing

21 comments