

2025 TERM 3

#NurtureYourGlow - Reflect - Recharge - Rise

Here for you — in the calm, the chaos, and everything in between.
This term's programme is rich with ways to reflect, recharge, and rise.
Wherever you're at — from fresh starts to bold steps, connection to creativity
— there's something here to spark your glow.

SUPPORT SERVICES

Drop In

Mon-Fri 9.30am - 2.30pm

Come for a coffee and chat, a moment of calm, or a listening ear. You're always welcome.

Counselling

By appointment, FREE

Fully funded sessions are available for all women. We offer a range of approaches, including talk-based counselling and sand therapy — a creative, hands-on way to process emotions when words are hard to find.

GROUPS AND PROGRAMS

Deepening into Art Therapy

Mon 21 July - 18 Aug, Warkworth
10-12pm, \$30

Learn a layering technique to help process and integrate feelings, thoughts and emotions. You don't need any art experience to attend this 5-week course — just a willingness to explore your inner world through creativity. *Facilitator:* Heidi Downey

Deepening into Art Therapy

Tues 12 Aug - 16 Sept, Wellsford (OWL)
10-12pm, \$30

Creative Vibes - Journal Craft Workshop

Mon 25 Aug - 15 Sept, 10am - 12pm, \$25

Across four hands-on sessions, you'll learn how to create your own customised journal from start to finish. Explore papermaking, page design, mixed media, and bookbinding. No experience needed — just bring your curiosity and creativity!

Facilitator: Desiree Alexandre

Young Mum's Group

Every Thurs from 17 July 10am - 12.30pm FREE

A supportive space for mums aged up to 24 to connect, share parenting wisdom, and enjoy shared lunch while little ones play.

Facilitator: Sarah Woolford

LIVED EXPERIENCE SERIES - PEER SUPPORT GROUPS

New this term

Three peer-led focused support groups to help you navigate life's changes with real connection and encouragement.

No pressure, no judgement — just honest kōrero and the strength of shared experience.

Together Solo - for women navigating life on their own
Blended Realities - for those in blended families

The Work Journey Circle - for women facing changes in or looking for work, study, or purpose

Want to register your interest?

Get in touch — we'd love to hear from you.

Peer Mentor Training

Sat (TBC), 9am-4pm, FREE

For Women's Centre volunteers interested in hosting peer-led groups or supporting others.

The Pink Hammer

Fundraiser for the Women's Centre

We're proud to partner with Warkworth Theatre for The Pink Hammer — a heart-warming comedy about five women, one carpentry workshop, and a whole lot of grit and laughter. A portion of every ticket sold goes to support the Women's Centre. A great night out for a great cause!



PEER-LED EVENTS

Wednesdays 10am - 12pm,

FREE & child-friendly

Every Wednesday, we offer warm, relaxed events under two welcoming themes — **Cook & Chat** and **Nurture & Thrive**. Expect shared kai, creative activities, and uplifting kōrero. A few highlights:

Cook & Chat

16 July - Soup & Chat

23 July - Preserving Lemons

20 Aug - Moroccan Cooking with Lemons

Nurture & Thrive

30 July - Heart Mindfulness with Irene

Check our What's On page or socials for weekly updates!

LEARNING, GROWTH & LEADERSHIP

Strengths-Based CV Writing

By appointment, FREE

Heads Up - Study Support

Support, Learning & Development for Leaders

Fortnightly from Mon 11 Aug, 5.30-6.30pm

Fast Walk & Talk

Every Fri from 18 July, 9am

Start your Friday with fresh air, gentle movement, and good conversation.

THRIVING THROUGH ART & CREATIVITY

Crafty Conversations

Fridays from 18 July, 10am-12pm | FREE

Peer-led creative sessions with guest artists throughout the term. Designed to spark joy, build connection, and boost wellbeing.

A few highlights:

18 Jul - Diamond Dot Beading with Claire

25 Jul - Flower Crowns with Hayley

Check our What's On page regularly — there's something happening every Friday

Harakeke Flax Weaving Workshop

Sat 9 Aug, 9.30am-3.30pm, \$70

A full-day, hands-on weaving experience. Learn traditional techniques, connect with the cultural roots of harakeke, and create something beautiful to take home.

Sound Bath Sessions

Mondays 28 July, 25 Aug, 15 Sept, FREE

Let sound guide you into deep rest and renewal. With crystal bowls, gongs, and chimes.

Facilitator: Phoebe Chan

SELF-CARE & PRACTICAL SUPPORT

Holistic Pulsing Massage:

Mondays from 21 July, \$65/hr

Bookings essential, Practitioner Heidi Downey

Free Cervical Screening

Wed 16 July

In partnership with Well Women & Family Trust.

Free Legal Clinic

Fri 18 July, 22 Aug, 9.30-10.30am

FREE - bookings essential

Bookings essential, phone or in-person appointments

FIND US

10 Morpeth Street, Warkworth | **Open Mon-Fri, 9.30am-2.30pm**

09 425 7261 or **0800 2DROPIN** (0800 237 674)

info@womenscentrerodney.org.nz

Scan the QR code to book online.

