

Growth / Development

MOVE UP

WOW™
WOMEN OF WORTH

TUES 18 AUG - 22 SEPT

5:00PM - 7:00PM

\$30

If you're aiming for personal growth, advancing your career, or simply seeking a supportive community of like-minded women, Move Up is here to inspire you! Facilitator: Bridget & Jo



ART THERAPY - INTRO TO ART THERAPY

MON 17 AUG - 21 SEPT 10-12PM \$30

Creative ways to process life's challenges. Tools to de-stress, reflect and bring clarity in a creative supportive environment.

Facilitator: Heidi Downey

Teens Wellbeing Series

WOW™
WOMEN OF WORTH

NOT RUNNING THIS TERM ENQUIRIES FOR TERM 4 WELCOME

SuperGrans SuperSkills

PEER LED EVENTS

CONNECT LEARN AND THRIVE

WEDNESDAYS 10-12

"Being a SuperGrans/SuperSkills Mentor is hugely rewarding. I've gained as much as I've given, working alongside incredible women from all walks of life."

CHECK OUT WEBSITE FOR TOPICS

Our SuperGrans/SuperSkills mentors host fun, skill-building sessions every Wednesday on the following themes:

COOK AND CHAT or
NURTURE AND THRIVE

Mums Life ♥

CONNECTED MUMS
STRONGER FUTURES

Because no mother should do it alone

PARENTING & FAMILY WORKSHOPS



FRI 14 AUG - MOTHERHOOD & MATRESCENCE -

What is the new journey I am on

FRI 21 AUG - HOW TO BUILD YOUR VILLAGE - You were not meant to do this alone

FRI 28 AUG - BEING PERFECTLY IMPERFECT - Letting go of the 'good parent' ideal



YOUNG MUMS & EXPECTANT MUMS
GROUP FREE

THURSDAYS FROM 23 JULY 10-12

For mums under 25, a relaxed supportive group exploring tools to raise happy and healthy children and nurture your own wellbeing as a Mum. Facilitator: Jade Mackey

MUMS LIFE - FREE

TUESDAYS FROM 21 JULY 10-12

For mums 25 + a relaxed supportive group for mums of any age at any stage. Host - Haylee

Our Services



DROP IN 9:30AM - 2:30PM

We know there are unique challenges for everyone and we are here to help you navigate them. You are welcome to drop in for a chat, coffee, or to just take a moment in a safe space.



COUNSELLING

We offer supportive individual sessions with our trained professionals. We also have a counselling intern available.



LEGAL CLINIC - FREE

MONTHLY - FRIDAY 9:30-10:30

4x15 min appts

17 JUL, 21 AUG, 18 SEPT

Phone or in person appointments.



Thriving through Arts

CRAFTY CONVERSATIONS FREE

Fridays from 24 JULY 10-12pm

Enjoy conversation, laughter and creativity, where burdens grow lighter and moods grow happier and everyone leaves with a renewed energy and purpose. Guest Artists on our website.



CREATIVE VIBES SERIES

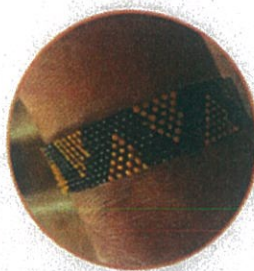
PEYOTE BRACELETS

with Sue

Date: TUES 4 & 11 AUG

Time: 1-3pm \$20

Over the two workshops you will work on creating a peyote bead bracelet.



PLAYFUL SELF PORTRAITS

with Desiree

Date: TUES 18 & 25 AUG

Time: 1-3pm \$20

Over the two sessions Desiree will guide you to being playful with paint or even painting something that represents who we are, it could even be painting what you think your aura would look like.



Hosted Services

CERVICAL SCREENING DATE: TBO

For women aged between 20 and 69 who are due for a smear test. Well Women & Family Trust.

MY REFLECTION CLINICS

Custom crafted breast prosthesis sculpted to you for optimum comfort.

SEWING WITH PURPOSE

CREATE YOUR OWN UPCYCLED TOTE BAG - Sat 11 July 10-1

CREATE YOUR OWN UPCYCLED POUCH - Sat 18 July 10-1



About Us

For over 30 years we've been here for women through every wobble, rebuild, and milestone. Our warm, trusted Centre is a place to connect, steady, and thrive - wherever you're at. Drop in and say hi.



Thank You! ♥

Mental Health Foundation, Community Organisation Grants Scheme, NZ Lotteries Grants Board, Lister Presbyterian Health Trust, Creative Communities NZ, OT, Auckland Council, Pub Charity Ltd, Sisters of St Joseph, Wright Foundation, AND the ongoing contributions from people in our community.



WHAT'S ON TERM 3 2026

Here for you
In the calm, the chaos and
everything between



Monday to Friday 9:30am - 2:30pm

10 Morpeth Street, Warkworth

09 425 7261 or 0800 237 674

info@womenscentrerodney.org.nz

www.womenscentrerodney.org.nz

Women's Centre Rodney

Scan me!



Safe space ♥ Connection ♥ Support ♥ You matter