

## Thriving through Arts

DEEPER EXPERIENCE OF ART THERAPY  
MON 6 MAY - 10 JUNE 10-12:30 \$45

Learn a layering technique to help you process and integrate feelings, thoughts and emotions. No art exp required.  
Facilitator: Heidi Downey

CRAFTY CONVERSATIONS FREE  
Every Fri from 3 MAY 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 below:

3 MAY - Paint and Sip with Nina  
24 MAY - Beading with Sue  
7 JUNE - Rock Painting with Desiree

CLAY WORKSHOP  
Sat TBA 10:00- 2:30pm  
Kowhai Arts Studio \$70

An introduction to clay making pinch pots. Followed by creating, decorating & texturing another sculpture using your new skills.  
Facilitator Emma Zhang

MEET FAMILY COURT  
NAVIGATORS - TUES 30 APRIL  
WARKWORTH TOWN HALL 12-1

Navigating the family court can be stressful - come meet two Family Court Navigators Craig and Si'iva and they can guide and help you access support through the family court process

## Hosted Services

CERVICAL SCREENING  
DATE: 22 APR, 20 MAY FREE

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

AA WOMENS GROUP MEET  
WEDNESDAYS 7:30pm

We welcome you. Host: Janene

## About Us

We've been active in the community for over 30 years and our warm and welcoming Centre offers a safe and trusted space. With a primary focus on women's well-being, we work alongside you at any age and stage of your journey whether it be in crisis, building resilience and stability, to thriving. Drop in and say Hi.

## Volunteers Welcome

Let's chat!

## Thank You!

Foundation North, Community Organisation Grants Scheme, NZ Lotteries Grants Board, Creative Communities NZ, MSD, Auckland Council, Pub Charity Ltd, Warkworth Community Op, Wright Foundation, Harcourts Cooper & Co AND the ongoing contributions from people in our community.


# WHAT'S ON TERM 2 2024

Theme: #Explore



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

 10 Morpeth Street, Warkworth

 09 425 7261 or 0800 237 674

 [info@womenscentrerodney.org.nz](mailto:info@womenscentrerodney.org.nz)

 [www.womenscentrerodney.org.nz](http://www.womenscentrerodney.org.nz)



## Self Care

WOMEN'S NATUROPATH,  
HERBALIST & MASSAGE -  
TUESDAYS \$20 PER 15 MIN APT

Practitioner: Tania Burrows

HOLISTIC PULSING MASSAGE

MONDAYS \$65 PER HOUR

Practitioner: Heidi Downey

PAUSE FOR MENOPAUSE  
GROUP - DATES TBA

Where you can openly share your  
menopause experience, discover  
a safe haven to connect, offer  
and receive support , resources  
and strategies

Facilitator Shannon



WORTH IT FOR TEENS  
TUES 7 MAY - 25 JUNE  
3:35-5:15PM \$70

like our successful Move Up for  
Adults this is a strength based  
programme specifically designed for  
teens 12-15 years. It's about being  
confident in being you, knowing  
your worth and living your best life!

Facilitators: Bridget & Sarah

BOOKINGS  
ESSENTIAL

**SuperGrans  
SuperSkills**  
Rodney

MENTOR SESSION  
2ND TUES OF MONTH  
STARTING 14 MAY 1:30

Join our Info/mentor session to find  
out more about this free service  
supporting women to develop life skills  
through 1:1 mentoring & workshops.

COOK & CHAT 10:-12:30 FREE  
8 MAY - Wonton Soup with Emma  
29 MAY, 5 JUNE, 19 JUNE - TBA

CENTRE COMMUNITY GARDEN  
15 MAY - Intro to Worm Farming with  
Christine  
12 JUNE - Intro to Bokashi with Jill

WALK AND TALK -  
TUESDAYS 30 APRIL 11 AM  
Stroll, chat and connect

NURTURE & THRIVE 10-12  
Nurture wellbeing and sustainable  
living  
1 MAY - Creative life coaching with  
Emily Pattullo  
10 MAY - Natural Cosmetics - Soap -  
Radka Valcarova  
22 MAY - Eco Friendly House  
Products with Radka Valcarova



## 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 safe, supportive  
individual sessions with our trained  
professionals. We also have a  
counselling intern available.  
\*Free for women with dependents under 18

\*FREE OR  
SUBSIDIZED

LEGAL CLINIC - FREE  
MONTHLY - FRIDAY 9:30-10:30  
4x15 min appointments available  
10 MAY, 24 JUNE, 12 JULY  
Phone or in person appointments.

YOUNG MUMS GROUP  
THURSDAYS FROM 2 MAY  
10-12:30PM FREE

For mothers up to 24 years. Make  
friends and explore strategies for  
raising healthy happy children.  
Facilitator: Sarah Woolford

