

**The Women's Centre is here to help and support all women in our community. We know there are unique challenges for everyone and we are here to help navigate them. We are open every week day 9.30 – 2.30 so please feel free to pop in for a chat or just to 'take a moment' in our safe space.**

### **Would You Like To Be A Volunteer?**

We are looking for volunteer 'hosts' to spend time at the Centre between 9.30 and 2.30pm. Duties would include greeting women, directing them to information, having a friendly chat and probably making a cup of tea. If you would like to be part of our mission to inform, support and empower women then give us a call.

### **Would you like to be a Guest Artist?**

We welcome budding or established artists to show their work at the Centre. Please contact us to book

### **Keep Up To Date via our What's On page**

So much is happening at the Centre every week. Keep up to date by regularly checking our website, Facebook and Instagram pages.

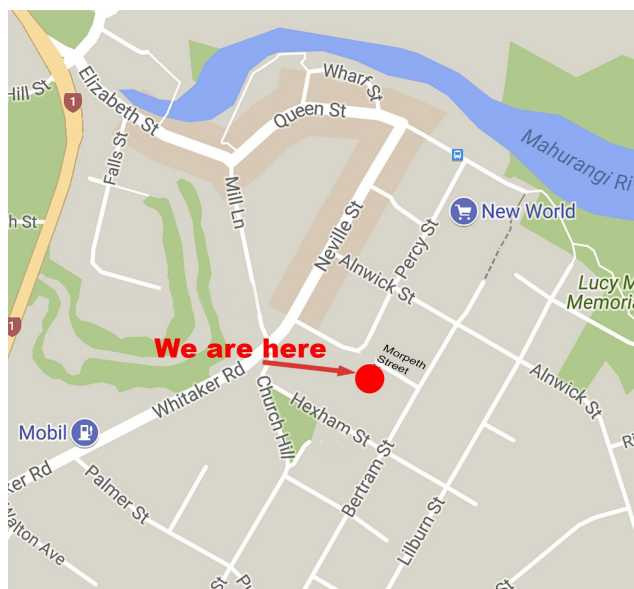
**Not sure which service suits you best? Come and have a chat and we can help find the right support for you.**

### **How do I enrol?**

Bookings are essential for all courses and workshops. Enrolments are confirmed on payment of course fee.

We prefer online payment. Please deposit the course fee with a reference to the course name (eg "CLAY") and your surname. Our bank account number is 03 0481 0064864 28

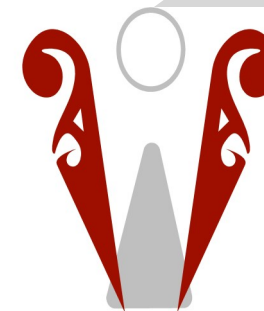
Payment is due seven days prior to course commencement. Fees are not refunded if you withdraw within two working days of the start date. Sometimes if we don't have enough participants we will have to postpone a course. Your course fee will be fully refunded if you are unable to attend the course on a different day.



### **THANK YOU**

*We are grateful for the support of*

Foundation North, Community Organisations Grants Scheme, NZ Lotteries Grants Board, Creative Communities NZ—Rodney District, Sky City Community Trust, Ministry of Social Development, Rodney Health Charitable Trust, Catholic Caring Foundation, Presbyterian Trust, Auckland Foundation, Auckland Council, Warkworth Trading Post, Warkworth Community Op Shop and the ongoing contributions from people in our community.



**Women's Centre**

RODNEY

## **Community Services and Courses**

**Term 3 2022**

**10 Morpeth Street  
P O Box 389  
Warkworth**

**09 425 7261 / 0800 237674**

**info@womenscentrerodney.org.nz**

**www.womenscentrerodney.org.nz**

**Facebook @Women's Centre Rodney**

**Instagram: Womenscentre\_rodney**

**Monday to Friday 9.30am to 2.30pm**



## Term Three 2022

**Drop In 9.30am–2.30pm:** The centre is a quiet, welcoming space to stop by, meet Centre staff and use the premises. Mums are welcome to feed and change babies or just relax. Playground in our backyard garden.

**Information & Referrals:** We offer a variety of resources which give up-to-date information on community groups & services, health, legal issues, employment, WINZ & IRD. We also have a community notice board.

## Our Services

### Counselling

We offer safe, supportive, individual sessions. Women with dependent children are eligible for **6 FREE** sessions of counselling. We also have a counselling intern who can offer free counselling to women without dependents. Contact the centre to discuss an appointment. Online and in person options available.

### FREE Legal Clinic

Free legal clinic open every third Friday 9.30. Four 15 minute appointments. In person and phone appointments available. Call or book via our website

**Upcoming Dates: Friday 12 July, 12 Aug, 12 & 23 Sept**

### FREE Cervical Screening

For women aged between 20 and 69 who are due for a smear test. Appointments are at the Women's Centre with a specialist female smear taker. Also support with contraception can be arranged. Part of the national cervical screening programme.

**When: Tuesday 6 September Time: 9.30–2.30.**

**Where: Women's Centre** Call or book via our website

### AA Women's Group Meetings

Women's AA meeting held every week at the Centre. No booking required and all welcome

**Time: Wednesdays 7:30pm Where: Women's Centre**

## Thursday Evening Sessions

**3rd Thursday of each month**

**Busting the Winter Money Blues with Debtfix**

**When: Thursday 28 July Time: 6-8pm**

**Facilitator: Bev Giles Cost: FREE**

## Support Groups

### Grow, Thrive, Connect Workshops

We are organising a series of workshops with our qualified counsellors and experienced practitioners, providing valuable tools, tips and strategies to help you grow, thrive and connect as a woman, parent/caregiver and partner.

**Watch our What's On page on our website for updates**

**Confirmed:**

**Nurture our Tamariki with Brainwave Trust**

**When: Thursday 15 Sept Time: 10:am–12.30pm**

**Tutor: Norma Hayward Cost: Free**

**Where: Women's Centre**

### Young Mums Support Programme

For young mums aged 24 years and under, network with other mums, explore positive parenting, life management skills, and strategies for raising happy and healthy children. Learn about opportunities for you and your children's futures. Morning tea and some childminding is provided.

**Starts: Thursday 28 July–29 Sept Time: 10am-12.30pm**

**Facilitator: Sarah Woolford Cost: Free**

**Where: Women's Centre**

### An Intro to Art Therapy

An experiential course offering a taster of Art Therapy techniques for your own process. You don't need any art experience to attend this 6 week course.

**When: Monday 15 Aug–9 Sept Time: 10:am–12.30pm**

**Tutor: Heidi Downey Cost: Free for women with dependents—\$70 for non funded but subsidies available Where: Women's Centre**

### Crafty Conversations

A peer support group where you can unleash your creative side while enjoying the company and support of others. Whatever your craft is this is an opportunity to meet in a safe environment and connect with others to enhance wellbeing.

**Starts: Friday 12 August Time: 10:00 am –12.30 pm**

**Host: Jo Nicholson Cost: Free**

**Where: Women's Centre**

**Register your attendance**

**Ph 0800 237 674 or 09 425 7261**

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

## Courses and Workshops

### Clay Workshop

A one-day workshop at artist's studio. The class will start with an introduction to clay, making pinch pots, joining them. Followed by creating, decorating and texturing another sculpture using your new skills.

**When: Saturday 20 August Time: 10am – 2.30pm**

**Tutor: Emma Zhang Cost: \$70**

**Where: Artists studio Warkworth**

### Craft—Fun with Felt

Handcraft and hand-stitch small felt creations and turn into bunting/garlands/mobiles/squeaky toys—let your imagination guide you..

**When: Wednesday 10 August Time: 9:30–2:30 pm**

**Tutor: Taina Cost: \$30.00**

**Where: Women's Centre**

### Harakeke/ Flax Weaving workshop

Learn basic flax weaving skills from an experienced local weaver and create a waikawa basket. Students are also introduced to the customs (tikanga) around working with flax

**When: Saturday 13 August Time: 10:00am – 2:00pm**

**Tutor: Britta Conrad Cost: \$65**

**Where: TBC**

### Sustainable Living—Waste Not Want Not

Continuing our popular sustainability course from last term, this course includes gardening, cooking and reducing food waste, rubbish, composting and much more. Make a difference to the planet and save yourself some money.

**When: Tuesday 26 July-9 August Time: 9:30–11:30**

**Tutor: Karen Ward Cost: FREE**

**Where: Women's Centre**

### Sustainable Living—Repurpose clothing to create your own "Trendy Bag"

Make use of pre-loved sheets, t-shirts and other clothing to design and make your very own trendy bag, variety of uses from laptop through to shopping—they're unique

**When: Friday 5 August**

**Time: 9:30–11:30 am Tutor: Heidi**

**Downey Cost: \$30.00**

**Where: Women's Centre**



empowering

informing

supporting