

Thriving through Arts

CRAFTY CONVERSATIONS FREE
Fri 21 JULY - 18 AUG 10-12pm

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

UPCYCLING SCULPTURE
FRIDAY 21 JULY- FREE 10:00-2:30pm
Facilitators: Shelly and Desiree
Unleash your creativity upcycling discarded items into a fun sculpture - materials provided!

PICTURE MAKING TRICKS
FRIDAY 4 AUG - FREE 10-12
Facilitator: Jill

HENNA ART - Date TBC - FREE
Facilitator: Silsa

CLAY WORKSHOP
Sat 22 JULY 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

HARAKEKE/FLAX WEAVING
Sat 2 SEPT 10:00 - 2:00pm
Anglican Hall \$65

Learn basic flax weaving skills and intro to tikanga around working with flax.
Facilitator: Britta Conrad

Hosted Services

CERVICAL SCREENING
DATE: 27 JULY 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, Warkworth Community Op, Wright Foundation, Harcourts Cooper & Co AND the ongoing contributions from people in our community.


WHAT'S ON TERM 3 2023

Theme: #NURTURE



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



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

INTRO TO ART THERAPY

MON 24 JULY - 28 AUG 10-12:30 \$30

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

Facilitator: Heidi Downey

WOMEN'S SONG CIRCLES
EVERY TUESDAY FROM 25 JULY
6:30 - 7:30PM FREE

Practitioner: Stephanie Frost

Sharing simple circle songs to support and uplift. No musical talent necessary

GUT HEALTH

SAT 26 AUG 12 - 2PM \$20

Practitioner: Yvonne Gitt

Learn why your gut microbiome is so incredibly important for your overall health.

BOOKINGS
ESSENTIAL



MENTOR SESSION
TUES 25 JUL, 15 & 29
AUG, 12 SEPT 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.

SHARING SESSIONS

WEDNESDAYS 10:-12:30 FREE

26 Jul Chinese Dumplings

9 Aug Open Morning

23 Aug A Family Meal

6 Sept Household hints and tips

20 Sept Working bee Centre Garden

CONNECTME Events

Local Professionals volunteering their time to share their talent/skill

3 Aug Recipe and Reels - Megan

8 Aug Women's Health Pelvic Floor

15 Aug Give Squash a Go



MOVE UP THURS

20 JUL - 7 SEPT 10-12:30

SNELLS BEACH \$30

Discover your unique worth, strengths and abilities through this exciting new programme. Explore ways to make positive changes and set clear achievable goals.

Facilitators: Jo and Bridget

YOUNG MUMS GROUP

THURS 20 JULY 10-12:30PM FREE

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

Facilitator: Sarah Woolford

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
21 JULY, 11 AUG, 8 SEPT

Phone or in person appointments.

INTRO TO GROUP FACILITATION

SAT 19 AUG 9:30-4:30PM \$80

A one day experiential workshop for those who wish to understand how to facilitate engaging workshops for small groups of adults.

Facilitator: Heidi Downey

