

Thriving through Arts

CRAFTY CONVERSATIONS FREE

Fridays from 18 October 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:

- 18 OCT Resilience Box with Leish
- 25 OCT Mandala Art with Desiree
- 8 NOV Progressive Art with Desiree
- 15 NOV Beads - Christmas Spider with Sue
- 22 NOV Christmas Cards with Leish
- 6 DEC Upcycle Christmas Decorations with Shelly



SLIP PLAY CLAY WORKSHOP

Date: TBC 10:00- 2:30pm
Kowhai Arts Studio \$70

An introduction to clay, making your own creation. Followed by experimenting with slip play clay. Facilitator Emma Zhang

SCREEN PRINTING WORKSHOP

SAT 9 NOV 10:00- 3:00 pm \$85

Design and print onto a piece of fabric for a cushion, wall art or a personalised patch or bring along your own t-shirt. Learn stenciling, registration, colour merging, layering and more. Facilitator: Ingrid Anderson

Hosted Services

CERVICAL SCREENING

DATE: Monday 25 NOV

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

HOLISTIC PULSING MASSAGE

MONDAYS \$65 PER HOUR

Practitioner: Heidi Downey

BOOKINGS
ESSENTIAL

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, Lister Presbyterian Health Trust, 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 4 2024


*Navigate and Celebrate : Together
we've got this!*



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



MINI WORKSHOPS
TUESDAYS 10- 12 FREE

- 22 OCT Growing your resilient mindset with Bridget
- 19 NOV Strengths based CV with Jo
- 26 NOV Developing your strengths toolbox for navigating Christmas with Bridget/Jo

JOURNALING THROUGH ART
MONDAY 21 OCT - 2 DEC 10-12PM \$70
Creative ways to process life's challenges. Tools to destress, reflect and bring clarity in a creative supportive environment.
Facilitator: Heidi Downey

TEEN ART THERAPY
THURS 31 OCT - 25 NOV 3:45-5:00PM
OWL HUB - WELLSFORD \$50
Explore identity ways to self-regulate & build confidence by walking step-by-step through a creative layering process Facilitators: Heidi Downey & Desiree Alexandre

PEACEFUL PARENTING
MON 14 OCT - 20 NOV 1-2PM
\$5 PER SESSION
Learn step by step strategies to cultivate an inner calm and resilience and manage stress and enhance your emotional wellbeing. Create deeper connections and a harmonious family environment. Facilitator: Kim Campbell, The Matakana Naturopath



PEER LED EVENTS

MENTOR SESSION 1:30 PM
MONTHLY 6 OCT & 18 NOV

Our volunteer mentors led and host events that connect people, renew energy and inspire purpose offering opportunities to learn new skills. Ongoing training and support ensure our mentors thrive. They meet monthly to reflect, plan, learn and connect

COOK & CHAT 10-12:30 FREE
23 OCT, 6 NOV & 20 NOV
Whip up wonderful meals from what we have on hand featuring guest facilitators and cuisines

STROLL & CHAT FREE
TUESDAYS 15 OCT 11:30-12:30
Local stroll and chat enjoying good company and gentle exercise
Hosts: Deirdre & Sandra

NURTURE & THRIVE 10-12 FREE
Wellbeing & sustainable living
16 OCT Wellbeing with Anne Finlay
30 OCT Role of a Health Navigator with Jemma

13 NOV International Kindness with Jamie Wise

27 NOV Financial Wellbeing with Leanne

LUNCH SEMINARS
MON 25 NOV 1-2PM
Beautiful Conversations with Melanie Medland

YOUNG MUMS GROUP FREE
THURSDAYS - 17 OCT 10-12:30PM
For mothers up to 24 years. Make friends and explore strategies for raising healthy happy children.
Facilitator: Sarah Woolford

FINDING YOUR VOICE - I-SPEAK
FRIDAY 22 NOV 10-1PM \$10
An adventure interactive workshop to help you find your own voice.

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

LEGAL CLINIC - FREE
MONTHLY - FRIDAY 9:30-10:30

4x15 min appts
11 OCT, 8 NOV, 6 & 13 DEC
Phone or in person appointments.