

Thriving through Arts

CRAFTY CONVERSATIONS FREE
Fridays from 7 February 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:



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

Date: TBC
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: Wednesday 19 March

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 1 2025

*Rediscover Your Spark – Empower,
Grow, Thrive”*

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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



MOVE UP
TUESDAY 18 FEB - 25
MAR 5:30PM-7:30PM
\$30

Move Up is your chance to uplift yourself and your future. Together, we'll celebrate your successes and support each other through challenges. 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



INTRO TO ART THERAPY
MONDAY 17 FEB - 24 MAR 10-12PM \$30

Creative ways to process life's challenges. Tools to destress, reflect and bring clarity in a creative supportive environment. Facilitator: Heidi Downey

CREATIVE VIBES FOR TEENS - THURS
6 MAR - 10 APR 3:45-5:00PM OWL HUB
- WELLSFORD

Explore identity ways to self-regulate & build confidence by walking step-by-step through a creative layering process Facilitators: Heidi Downey & Desiree Alexandre



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."

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

COOK AND CHAT

Cook together, share recipes eat & connect

NURTURE AND THRIVE

Wellness sessions on wellbeing, navigating change, career mentoring, sustainable living & financial wellbeing.

STROLL & CHAT

TUESDAYS FROM 11 FEB 11:30-12:30

BRISK WALK & TALK

FRIDAY 7th, 21st Mar & 4th April
11:30-12:30

HEADS UP STUDY SUPPORT

1st and 3rd FRIDAYS OF THE MONTH

support for those doing online undergraduate or graduate study

CHECK OUT
WEBSITE FOR
TOPICS

YOUNG MUMS GROUP FREE
THURSDAYS FROM 13 FEB 10-12:30PM

For mums under 25. Every week we cover interesting topics, create fun activities for our children and make a yummy healthy lunch to share. This support group will give you the tools you need to raise happy and healthy children and nurture your own wellbeing as a Mum.

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 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

21 Feb, 21 March, 11 April

Phone or in person appointments.