

Open 9:30-2:30

Ph 0800 237 674

EMPOWER, INFORM AND SUPPORT



Counselling

We are
Open

Drop in 9:30-2:30

Support & Advocacy



Practical Skills




Personal Development



Self Care



Wellbeing and Connection

Intro to Art Therapy with Heidi Downey

This experiential course offers a taster of Art Therapy techniques to add to your toolkit or for your own process. You don't need to have had any art experience to attend this 6 week course.

Monday 19 Feb - 25 Mar
10:00-12:30
Women's Centre Rodney



WOW Women's Centre

Move Up Programme
with Jo and Bridget

Starts Tuesday 13 Feb-26 Mar 10:00-12:30
Womens Centre Rodney

"Quiet that voice of doubt inside you. You are good enough. You do deserve good things. You are smart enough. You are worthy of love and respect. You are amazing just the way you are." Lorri Faye

Make your wellbeing a priority

scan here to enrol




SuperGrans
Potteries Inc.

WALKING GROUP

Every Tuesday starting 13 February 11:00- 12:30 pm

Stroll, chat and connect - a chance to enjoy the fresh air, gentle exercise and meet people and end with a cuppa




***FREE Cervical Screening**

RODNEY WOMEN'S CENTRE
10 Morpeth St Warkworth North Shore

Wednesday 21 February 9:00-3:00

My body, my health, my future

Bookings open now



Women's Centre

WHAT'S HAPPENING TODAY...

Young Mums group!



Women's Centre

Clay Workshop with Emma Zhang Rui Ceramics

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.

Saturday 24th February
10:00-2:30
Kowhai Arts Centre
Cost: \$70





Young Mums with Sarah

Thursdays from 12 October
10:00 - 12:30pm FREE

For young mums 18-24, network with other mums, explore positive parenting, life management skills and strategies for raising happy healthy children.



Art Therapy with Heidi

This experiential course offers a taster of Art Therapy techniques to add to your toolkit or for your own process. You don't need to have had any art experience to attend this 6 week course.

INTRO TO ART THERAPY

Mondays
24 July - 28 Aug
10:00-12:30
Womens Centre



"The people, the way Heidi taught us a layered approach each week, and just creating at the same time every week, its a real treat, and has inspired me to create more at home which is a great outlet personally and professionally for me."



scan here to register

Art speaks where words are
unable to explain



Favorite
Colors





Drive, Warkworth
co.nz
& operated



START DATES

- Tues 31 Jan - Wed 1 Feb
Teacher Only Days
- Thurs 2 Feb
Year 9 & 13
- Fri 3 Feb
Year 9 & 10
- Tues 7 Feb
All Students

ool office 09 423 6030
neycollege.school.nz
etter tomorrow'
Ka tihē! Tihē mauri ora.



The popular clay workshops are held at the Kowhai Arts Centre.



Women often start their journey with the women's centre as young mothers, where they learn parenting and life management skills.

Centre encourages women's involvement at all ages

Women's Centre Rodney in Warkworth will add two new options to its already extensive range of courses next year, which are designed to help women at all stages of their lives. The two courses are SuperGrans and Move Up.

Centre manager Jo Nicholson says the name SuperGrans is about to change to reflect that it is about sharing skills from all age groups, not just grandparents. It is about matching people who have a particular skill with people who want to learn that skill. This could be a craft, cooking, gardening or any number of other options, and the centre welcomes ideas from would-be volunteer tutors.

Move Up will be a nine-week programme starting on February 14. The target audience is recently-separated women, empty nesters or anyone who has had a significant career change.

"Outwardly, a lot of women look like they are doing okay but when there are major upheavals in our lives, we sometimes lose our focus," Jo Nicholson says.

"We think this will suit a range of women who are coping with new challenges in their lives. Sometimes just sharing those challenges with others who are going through a similar experience is valuable in itself."

Jo Nicholson says both the courses are a response to gaps that have been identified in the current programme.

"They also allow us to tailor to our own communities, but with courses that have proven national success."

Between January and August last year the centre interacted with more than 100 women, facilitating legal advice, young mothers support, personal development health support and counselling.

Lunchtime and evening get-togethers covered subjects such as tenancy agreements, guardianship, nutrition and naturopathy. Jo Nicholson says while the centre always informally catered for women of all ages, this approach is becoming more structured.

"The aim is to provide women with a pathway to stay connected with the centre as they complete courses, there are options to support them on their journey. Regular courses that will again be offered this year include clay workshops, craft weaving and self-defence. Other activities include a regular walking group, Move Up for Mums and crafty conversations."

For more information, contact the centre at info@womenscentrerodney.org.nz or phone 0800 237 674.

A year of growth and support

The Women's Centre Rodney, based in Warkworth, has been supporting women in the community since 1987. Dedicated to providing ways to inform, support, and empower women and their families, with a focus on connecting women with each other and with the Women's Centre Team, 2023 saw increased and improved services offered under the leadership of Jo Nicholson in her first year as Centre Manager.



Floods and Cyclone Gabriel meant 2023 started for Women's Centre Rodney with a focus on supporting whānau dealing with a difficult and unexpected start to the year. Fortunately this is what the centre does best and it was not long before women were able to access crisis support, pop in and use the shower, accept a food parcel or simply spend some time with a cup of tea and a friendly face. "We realised that the new year was going to be challenging for many

development, drop in centre support, navigation of local support services and advocacy for women at any stage of their journey. These services were well utilised in 2023 with many new faces coming in and a greatly expanded social media presence.

Due to the pressures of the cost of living crisis, Jo made a commitment at the start of the year to offer a full program at the least amount of cost to women as possible. Courses were subsidised and increased

dog biscuits and learning how to make an Instagram reel.

A huge part of the expansion of the Women's Centre in 2023 was the consolidation of the Super Grans program. An expanded volunteer base has brought an exciting array of skills and mentoring opportunities to share with the community. Skill sharing was also expanded into the community with Connect Me, a series of workshops run outside of the centre. "We have been the



Cheryl Fenwick
I'm happy to be a support person. I've had depression for around 30 years, now late 40s. If they are female. I'm good with coffee or a walk. Women's Centre Rodney is such a beautiful safe space too.

4d Like Reply



Anonymous member Author
Cheryl Fenwick that is such a kind offer, thank you, but my friend is male. Really appreciate the gesture.

4d Like Reply



K Dot Fab
Cheryl Fenwick Really admire Women's Centre too

5h Like Reply

View more comments

3 of 12

3:11

Signal strength, Wi-Fi, and battery icons.

Young Mums 2024

Maia

Thanks for today everyone, so lovely spending time outside with all the babies

6 hearts

Saff replied to Maia

Thanks for today everyone, so lovely spending time outside with all the babies

100% I didn't realize I really needed that break

4 hearts

Shenaye

Yesss definitely!!! And thanks for the yummy food!! X

3 hearts

Shenaye

It's always so nice to actually have some interaction with people

100 hearts

Shenaye



Bottom navigation bar with icons for home, camera, messages, voice recording, text input, emojis, and share.



2024

#Explore





@WOMENSCENTRE_RODNEY

A couple of successful ConnectME events this week. Excited by next terms line-up



@WHAT'S ON - SIGN UP

@EMMA_FAIRNIE_GOLF

@ROCCO17

Entries close 2pm Tuesday

Cheer Up TUESDAY

NOMINATE NOW

YUMMY NOMINATE YOURSELF OR A FRIEND WHO COULD DO WITH A CHEER UP

gift voucher to \$500 F&B

WARKWORTH BUTCHERY

Women's Centre

Women's Centre Rodney is with Warkworth Butchery NZ.
Published by WCentre Rodney Crew · February 20 at 10:54 AM · 🌐

👉👉 CHEER UP Tuesday!! 👉👉

Bring a little cheer into someone's or your own day. Nominate yourself or someone you know who could do with an amazing \$50 meaty voucher ... See more

Herbalist

Women's Naturopath...

Tue, 12 Feb | Womens Centre R...

Register Now

Every Tuesday starting 12 February 11:00 - 12:30 pm

Walk and Talking - Walking Group ever...

Tue, 13 Feb | Womens Centre R...

Register Now

Second Tuesday of each month starting 15 Feb 1:30 - 2:30 pm

SuperGrans/SuperS skills - Mentor and...

Tue, 13 Feb | Womens Centre R...

Register Now

JOIN US!

MENTOR MEET UP TUESDAY 29 AUGUST 1:30

Women's Centre

ConnectME Wise Woman Yoga

With regular practice yoga asana can reduce aches and pain, improve posture, give clarity to the mind and can induce restful sleep. We welcome women of all ages to join us.

Free introductory session with Caroline Hallstone. **NEW date:** Wednesday 30 August 2025 11am - 12noon Snap Fitness Studio, 7 Alnwick St, Warkworth

Crafty Conversations

Friday's 2024

Fri, 16 Feb | Womens Centre R...

Register Now

INTRO TO ART THERAPY

Monday's 19 Feb - 25 March 10:00-12:30 Womens Centre Course Fee: \$30

Intro to Art Therapy with Heidi 2024

Mon, 19 Feb | Womens Centre R...

Register Now

We are hosting

Women's Holistic Pulsing Massage

MONDAY'S BY APPOINTMENT

Holistic Pulsing Massage with Heidi...

Mon, 19 Feb | Womens Centre R...

Register Now

On this week

FRIDAY

Crafty Conversations 10:00-12:00

New venue → Anglican Church Hall 43 Percy Street

Young Mums with Sarah Thursdays 10-12:30

QR Code

SuperGrans

GARDENING

Wednesday 28 Feb, 27 March 10-12:30

Gardening - Maintenance and...

Wed, 28 Feb | Womens Centre R...

Register Now

LUNCH TIME SEMINAR

Make everyday banking easier with our free workshops

#Explore Financial wellbeing

Financial Wellbeing Lunchtime...

Wed, 06 Mar | Womens Centre R...

Register Now

LEGAL CLINIC

FREE Legal Clinic - with Rebecca

Fri, 08 Mar | Womens Centre R...

Register Now

We are hosting

Women's Holistic Pulsing Massage

with Heidi Downey

MONDAY'S BY APPOINTMENT

0800 237 674 www.womenscentraronline.org.nz

We are hosting

Women's Naturopath Herbalist Massage

Mini consults with Tania Burrows

TUESDAY'S BETWEEN 10-2

0800 237 674 www.womenscentraronline.org.nz

SELF CARE

We are hosting

Women's Wellbeing Naturopath Aroma Kinesiology Iridology Colour Nutrition/Lifestyle

Mini consults with Elaine Rasmussen

WEDNESDAYS BY APPOINTMENT

022 1939616

We are hosting

Women's Wellbeing Gut Health! How to indulge in all the Christmas Treats WITHOUT gaining weight!

Are you feeling overweight, fatigued, suffering digestive issues, food intolerance? If yes to any one of the above then this workshop will be useful to you

TUESDAY 28 NOVEMBER 4PM-6PM

with Yvonne Gitt Health Heroes NZ \$30.00

INTRO TO GROUP FACILITATION

with Heidi Downey

LUNCH TIME SEMINAR

Make everyday banking easier with our free workshops

#Explore Financial wellbeing

FREE Cervical Screening

RODNEY

022 1939616