



2025 TERM 2

#Empower. Connect. Create

Life brings twists and turns, and no matter where you're at—finding your feet, navigating change and uncertainty, or growing into your next chapter—the Women's Centre is here for it all. Whether you're rebuilding, reaching out, or reimagining what's possible, you'll find the support and spark you need right here.

SUPPORT SERVICES

Drop In

Mon-Fri 9.30am - 2.30pm

Need a safe space to chat, rest or reset? Pop in for a cuppa, a listening ear or simply a moment of calm.

Counselling & Support

Free, professional counselling available to all women—because everyone deserves a chance to be heard and supported.

CV Writing Support

By appointment | Donation (time or \$)

A strengths based CV service designed to help you create a CV that highlights your unique skills with confidence

GROUPS AND PROGRAMS

For wherever you're at

WOW Worth It for Teens

Tues 6 May, 3.45-5.15pm, FREE

A feel-good course for girls aged 12-15 to build confidence navigate challenges, and know their worth. Facilitators: Bridget and Sarah

WOW Bites: Tools for Change

Tues 6 & 20 May, 3 & 17 June, 10-12pm, \$5 per session

Mini workshops from our WOW course -packed with simple tools to lift your self-worth and handle life's curveballs. Facilitators: Bridget and Jo

Creative Vibes

Mon 5 May - 9 June, 10am - 12pm, \$30

A creative five-week series exploring different art mediums, - discover how creativity can ease stress and spark self-expression. No art skills needed, just an open heart! Facilitator: Desiree

Young Mum's Group

Every Thurs from 1 May 10am - 12.30pm FREE

A relaxed, supportive space for mums under 24—connect, share, and support each other while little ones play - because parenting's better when you're not doing it alone. Facilitator: Sarah

NEW LIVED EXPERIENCE PEER SUPPORT SERIES

Because shared journeys matter

Info Morning

Tues 29 April, 10am-12pm

Whether you're adjusting to single parenting, caregiving, or navigating blended families—come along to hear more and explore groups that truly get it.

Peer Mentor Training

Sat 3 May, 9am-4pm,

FREE for our volunteers

Training for those ready to support others through a lived experience group.



CONTACT

Wherever life has you right now, we're here to walk alongside you.

Phone: 09 425 7261 or 0800 2DROPIN (0800 237674)

Email: info@womenscentrerodney.org.nz

Visit: 10 Morpeth Street, Warkworth

Follow: Facebook [womenscentrerodney](https://www.facebook.com/womenscentrerodney)

Instagram [womenscentre_rodney](https://www.instagram.com/womenscentre_rodney)

Register for all events at [womenscentrerodney.org.nz](https://www.womenscentrerodney.org.nz)

Or scan the QR code to book online. Open: Mon-Fri, 9.30am - 2.30pm



PEER-LED EVENTS

- REAL SKILLS - REAL CONNECTION

Cook & Chat: 10am - 12pm

Wed 21 May - Desserts with Janene

Nurture & Thrive: 10am - 12pm

Fri 2 May - Fire Extinguisher Training (Sharon, Firewatch Rodney)

Wed 7 May - Nutrition & Blood Sugars (Sheryl Takayama)

Wed 14 May - Values & Boundaries (Melanie Medland)

Fri 30 May - Nail Pampering - with Megan Wright from TeddyLane Nails

Wed 4 June - 5 Wells to Wellbeing (Hayley)

Wed 11 June - Intro to Spanish (Matilde Readett)

Wed 18 June - From Garden to Garnish (Elaine and Christine)

Fri 27 June - Victim to Victorious (Janice Davies)

Fast Walk & Talk:

Every Fri from 2 May, 9am

A feel good way to get moving and connect

Sound Bath:

Wed 30 Apr, 28 May, & 25 June, 10am - 12pm FREE

Soothing sound healing to reduce stress and promote relaxation.

Practitioner: Phoebe Chan

Heads Up Study Support: Fri, 12pm

Support and solidarity for online and independent learners Facilitator: Dr Eileen Piggot-Irvine

CREATIVE WELLBEING

Creating space for you

Crafty Conversations

10am-12pm | FREE

Fri 16 May - Colouring with Desiree

Fri 23 May - Beading with Sue

Fri 6 June - Would you like this session to share your craft - let us know!

Fri 13 June - Beading with Sue

Mother's Day Cups Workshop

Fri 9 May, 10am-12pm | \$40

Make a beautiful ceramic cup with Emma from Rui Ceramics—perfect as a gift or a treat for yourself.

CARING FOR YOU

Holistic Pulsing Massage:

By appointment - Mondays \$65/hr

Gentle bodywork to support emotional and physical wellbeing.

Cervical Screening Clinic:

Date TBC

In partnership with Well Women and Family Trust.

Legal Clinic:

Fri 16 May & 13 June, 9:30-10:30am

FREE - bookings essential

Access reliable legal support—phone or in-person appointments available.

