



Term Four 2017

MONDAY

Gentle Mindful Movement
Catherine
6:00am – 7:00am
\$ Koha/Donation

Art Therapy
Kathy
9:30 & 11:00
Booking Required
\$ Koha

Massage
Hannah
9:30 & 11:00
Booking Required
\$ Koha

Fitness Yoga
Milena
10:00 – 11:00
\$ Koha

Migrant Womens Support Group
10:00 – 12:00
\$ FREE

Massage Vacuum Cupping
Tania
11:30, 1:00, 2:00 appointments
\$ Koha

The 5 Love Languages
Frances
1:00 – 2:00
Ongoing from 6th Nov
\$ Koha

Access Consciousness Bars
Desre'e
1:30 & 2:30
\$ Koha

Walking Group
Cathy
Leave from the centre
1:30 – 2:30
\$ FREE

Sing like there's no one listening
Margot
2:00 – 3:00
\$ Koha

Creative Writers Group
Julia
3:30 – 4:30
\$ Koha

COUNSELLING

Available daily, low cost sessions with qualified women counsellors. Call the centre for more details.

Address:
Cnr Eastbourne & Russell St
Hastings

Opening hours:
9:00 – 4:00
Monday - Friday

Contact us: (06) 878 5401, 020 408 56695, admin@hwc.nz
Follow us on Facebook

TUESDAY

Bowen Therapy
Louise
from 9:15am
Booking Required
\$ Koha

Acrylics Painting
Robyn
9:30 – 12:00
\$ 10.00

Macramé
Milena
10:00 – 11:30
\$ koha

Baby Wearing HB
10:00- 12:00
1st Tuesday of the month
\$ FREE

Create Talking Sticks
Marianna
17th Oct – 14th Nov
5 weeks
12:00 – 2:30
\$ Koha

Legal Clinic
12:30 – 1:30
Booking Required
\$ FREE

Coffee & Craft
Lynne
1:00 – 2:30
\$ Koha

PIDDDS
Louise
1:00 & 2:15
Booking Required
\$ Koha

Please phone or come in to make a booking for our one on one therapies 😊

WEDNESDAY

Vinyasa Flow Yoga
Deanna
9:30 – 11:00
\$ Koha

Art Psychotherapy
Rei
9:30 & 11:00
Booking Required
\$ Koha

Egyptian Reiki
30-minute sessions
Denise
From 10:00
Booking Required
\$ Koha

Budget Advice Clinic
11:30 – 1:30
Booking Required
\$ FREE

Maiden Healings Energy Work
Elizabeth
From 12:30
Booking Required
\$ Koha/Donation

Knitting
Carolyn
1:00 – 2:00
\$ Koha

Sit and Be Fit
Cathy
1:30 – 2:30
\$ Koha

Alanon
Friends & Family of Alcoholics
6:45 – 7:45
\$ FREE

Tell us your email and receive regular updates!
Courses & Activities are during the school term

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THURSDAY

Spiritual Readings & Guidance Julie 9:15, 10:30, 11:30 <i>Booking Required</i> \$ Koha	Therapeutic Massage or Reflexology Brigit 9:15, 10:15, 11:15 <i>Booking Required</i> \$ Koha	Swap/Meet Bring your trash or treasure Judy 9:30 – 11:30 \$ FREE	DOVE Domestic Violence Support 9:30 – 12:00 \$ FREE	Intermediate English Wendy 10:00 – 12:00 \$ Koha
Indian Mums Group 10:00 – 12:00 \$ FREE	Prep 4 Work Te Rina 10:00 – 12:00 \$ Koha	Pregnancy Yoga Miao 12:30 – 1:45 \$ Koha	Life Coaching Diana 1:00 – 2:00 <i>Booking Required</i> \$ Koha	
Mummy Matters Ante/Postnatal Depression Support Group Laura & Natalie 1:00 – 2:00 \$ Koha	Thoughtful Thursday Guest presenter 12:30 – 1:15 Spiritual Wellbeing \$ Koha	Tivaivai Cook Island Quilting Heather 1:00 – 2:30 \$ 5.00	Japanese Reiki Celine From 1:00pm <i>Booking Required</i> \$ Koha	

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FRIDAY

Gentle Mindful Movement Catherine 6:00am – 7:00am \$ Koha	Reiki Gerda 9:30, 10:30, 11:30 <i>Booking Required</i> \$ Koha	Art Psychotherapy Rei 9:30 & 11:00 <i>Booking Required</i> \$ Koha
Sewing for Beginners Joscelyn 9:30 – 11:30 \$ Koha	Intermediate English Wendy 10:00 – 12:00 \$ Koha	Move Your Body Dance Milena 12:00 – 1:30 \$ Koha
Salad Days Shared Lunch We provide the salad, you bring a plate 12:30 - 1:30 \$ FREE	Pre- School Dance Group Kate 1:45 – 2:15 \$ Koha	Mirimiri Michelle 1:00, 2:00, 3:00 <i>Booking Required</i> \$ Koha

SATURDAY

Gentle Mindful Movement Class
 Catherine 6:00am – 7:00am \$ Koha



*This term we are focusing on **spiritual wellbeing**. We invite you to come along to our **Thoughtful Thursday** Sessions. These 45-minute lunch time sessions will look at issues relevant to and supportive of our spiritual needs. Each week we will have a different topic and presenter. So, bring your lunch along 12:30 – 1:15 pm.

**See something you like but cannot attend because you don't have a babysitter? Not to worry - ask us how we can help ☺*

*Don't forget we have beautiful rooms available for hire – so enquire today, I'm sure you will be surprised at how affordable and reasonable our lovely spaces are.

*Interested in joining our Lesbian Group ph Dale on 022 631 2681

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