



Term One 2018

Starts 7th Feb

MONDAY

Art Therapy
Kathy
9:15, 10:15 &
11:15
Booking Required
\$ Koha

Mirimiri
Michelle
9:30 & 10:45
Booking Required
\$ Koha

Mindful Monday
Emotional Wellbeing
12:15 – 1:00
\$ Koha

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

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

Healing Art Group
Kathy
1:30 – 3:00
\$ Koha

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

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

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

TUESDAY

Bowen Therapy
Louise
from 9:00am
Booking Required
\$ Koha

Intuitive Life Coaching
Pam
9:30 & 10:45
Booking Required
\$ Koha

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

Confident Speaking Skills
Jacqui
10:00 – 12:00
13 Feb – 13th Mar
5 weeks
\$ Koha

Baby Wearing HB
10:00- 12:00
Every 2nd Month
\$ FREE

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

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

Intro To Water Colours
Margaret-Mary
6th, 13th & 20th March
1:00 – 2:30
\$ Koha

Meditation, 4 Weeks, 13th Feb – 6th Mar, Felicity
5:45pm – 7:00pm \$ 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

WEDNESDAY

Meditation
Felicity
9:15 – 10:45
4 Weeks
7th – 28th Feb
\$ Koha

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

Come in and ask about volunteering to facilitate a course
😊😊😊

Women Unfolding
10 weeks
Moana
10:00 – 12:00
Booking Required
\$ Koha

Infinite Possibilities
Fariddy
11:00 – 1:00
14th Mar – 28th Mar
3 weeks
\$ Koha

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

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

Knitting Group
Carolyn
1:00 - 2:00
\$ Koha

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

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

THURSDAY

Spiritual Readings & Guidance

Julie
9:15, 10:30, 11:30
Booking Required
\$ Koha

Swap/Meet

Bring your trash or treasure
Judy
9:30 – 11:30
\$ FREE

Kaha Ra Mirimiri

Gerda
9:30, 10:45 & 12:00
Booking Required
\$ Koha

DOVE Domestic Violence Support

9:30 – 12:00
\$ FREE

Chronic Pain Coffee Group

Cathy
10:00 – 11:30
1st & 3rd Thursday of the month
\$ Koha

Intermediate English

Wendy
10:00 – 12:00
\$ Koha

Indian Mums Group

10:00 – 12:00
\$ FREE

Prep 4 Work

Te Rina
10:00 & 11:00
Booking Required
\$ Koha

Life Is Made Of Moments

Fariddy
1st Mar – 12th Apr
12:30 – 1:30
7 weeks
\$ Koha

Mummy Matters Ante/Postnatal Depression Support Group

Natalie
1:00 – 2:00
\$ Koha

Japanese Reiki

Celine
From 1:00pm
Booking Required
\$ Koha

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FRIDAY

Reiki

Gerda
9:30, 10:30, 11:30
Booking Required
\$ Koha

Sewing for Beginners

Heather
9:30 – 11:30
\$ Koha

Live Well

Teiti
9th Feb- 16th Mar
6 weeks
10:00 – 12:00
\$ FREE

Intermediate English

Wendy
10:00 – 12:00
\$ 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

SATURDAY

Gentle Mindful Movement Class

Catherine
6:00am – 7:00am
\$ Koha

Want to share your skills? Why not volunteer to take a course in this space

Chinese For Beginners

Lily
10:00am – 11:30am
Men & Women welcome
Booking Required
\$ Koha



*This term we are focusing on **emotional wellbeing**. We invite you to come along to our **Mindful Monday** Sessions. These 45-minute lunch time sessions will look at issues relevant to and supportive of our emotional needs. Each week we will have a different topic and presenter. So, bring your lunch along 12:15 – 1:00 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 Rainbow Womens Group ph Dale on 022 631 2681.

And of course **ALL mums and children welcome** to use our beautiful nursery facilities.

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