



Term Two 2018

Starts 30th April

MONDAY

Art Therapy Kathy 9:15, 10:15 & 11:15 <i>Booking Required</i> \$ Koha	Mirimiri Michelle 9:30 & 10:45 <i>Booking Required</i> \$ Koha	Walking Group Cathy Leave from the centre 1:30 – 2:30 \$ FREE
Healing Art Group Kathy 1:30 – 2:30 \$5.00-10.00	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

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 9:00am <i>Booking Required</i> \$ Koha	Acrylics Painting Robyn 9:30 – 12:00 \$ 10.00	Tribal Tuesday Family/Whanau Interactive Talks 12:30 – 1:15 \$ Koha	Baby Wearing HB 10:00- 12:00 Every 2 nd Month \$ FREE
Legal Clinic 12:30 – 1:30 <i>Booking Required</i> \$ FREE	Hatha Flow Yoga Felicity White 12:30 – 1:30 \$ Koha	Coffee & Craft Lynne 1:00 – 2:30 \$ Koha	Intro To Water Colours Margaret-Mary 8 th , 15 th & 22 nd May 1:00 – 2:30 \$ Koha

Mindfulness Meditation Felicity 5:45pm – 7:00pm
\$ koha (Open to men & women – all welcome)

WEDNESDAY

Sensory Modulation Talk Sandy 23 rd May 10:00 – 12:30 \$ Koha	Egyptian Reiki 30-minute sessions Denise From 10:00 <i>Booking Required</i> \$ Koha	Meditative Yoga Radha 10:00 – 11:30 \$ Koha	Budget Advice Clinic 11:30 – 1:30 <i>Booking Required</i> \$ FREE
Maiden Healings Energy Work Elizabeth From 12:30 <i>Booking Required</i> \$ 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

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

THURSDAY

Spiritual Readings & Guidance

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

Mindfulness Meditation

Felicity
9:15 – 10:30
\$ 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/Anger Management 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 & 11:00
Booking Required
\$ Koha

Mummy Matters Ante/Postnatal Depression Support Group

Natalie
1:00 – 2:00
\$ Koha

Paper Crafts

Vicky – Lee
1:00 – 3:00
\$ Koha

Reflexology

Brigit
From 1:30pm
Booking Required
\$ Koha

Courses & Activities are during the school term

Term Two 2018

FRIDAY

Reiki

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

Sewing for Beginners

Heather
Sue
9:30 – 11:30
\$ Koha

Live Well (Chronic Pain)

Teiti
4th May – 8th June
6 weeks
10:00 – 12:00
\$ FREE

Intermediate English

Wendy
10:00 – 12:00
\$ Koha

Soup 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 (Basic Mandarin)

Lily
10:00am – 11:30am
Booking Required
\$ Koha



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

*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, caregivers and children welcome** to use our beautiful nursery facilities.

Term Two 2018