

**Term Three
2018**



MONDAY

<p>Iridology Christine ½ hour appts from 9:30 4th Monday of Month <i>Booking Required</i> \$ Koha</p>	<p>Ashtanga Yoga Bri 23/7/18 – 20/08/18 5 weeks 10:00 – 11:00 \$ Koha</p>	<p>Spanish For Beginners Daiana 10:30 – 11:30 \$ Koha</p>	
<p>Coffee & Craft Lynne 10:30 – 12:00 \$koha</p>	<p>Writers Companion Group Maggie 12:00 – 1:00 1st & 3rd of the month \$ Koha</p>	<p>Walking Group Cathy Leave from the centre 1:30 – 2:30 \$ FREE</p>	<p>Sing like there's no one listening Margot 2:00 – 3:00 \$ Koha</p>
<p>Gentle Mindful Movement Catherine 6:00pm – 7:00pm \$ Koha</p>	<p>BPD Family Support Group 2nd & 4th Monday of the month Vanessa 6:30pm – 8:00pm \$ Koha</p>		

TUESDAY

<p>Bowen Therapy Louise from 9:00am <i>Booking Required</i> \$ Koha</p>	<p>Acrylics Painting Robyn 9:30 – 12:00 \$ 10.00</p>	<p>Mums & Bubs Yoga Miao 9:45 – 11:00 \$ Koha</p>	<p>Baby Wearing HB 10:00- 12:00 First Tuesday of Every 2nd Month \$ FREE</p>
<p>Legal Clinic 12:30 – 1:30 <i>Booking Required</i> \$ FREE</p>	<p>Courses & Activities are during the school term 😊😊</p>		<p>Come in and talk to us about volunteering to run a group</p>

WEDNESDAY

<p>Messages From Spirit Jacqui From 9:15am <i>Booking Required</i> \$ Koha</p>	<p>Sewing For Beginners Georgina Helena 9:30 – 11:30 \$ Koha</p>	<p>Egyptian Reiki 30-minute sessions Denise From 10:00 <i>Booking Required</i> \$ Koha</p>	<p>Chronic Pain Self Support Group Lynne 10.00 - 11.30 \$ Koha</p>
<p>Sacred Dance Ally 10:00 – 11:00 \$ Koha</p>	<p>Want to share your skills? Why not volunteer to take a course in this space</p>	<p>Wednesday Wellness <i>Physical Wellbeing Talks</i> 12:15 – 1:00 \$ Koha</p>	<p>Knitting Group Carolyn 1:00 - 2:00 \$ Koha</p>
<p>Sit and Be Fit Cathy 1:30 – 2:30 \$ Koha</p>	<p>Playing with Colours Painting Class Tanvi 1:30 – 3:00 \$ Koha</p>	<p>Al-Anon Friends & Families of Alcoholics 6:45pm – 7:45pm \$ FREE</p>	

COUNSELLING

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

Address: Cnr Eastbourne & Russell St Hastings
Opening hours: 9:00am – 4:00pm Monday - Friday

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

Tune into Radio Kidnappers 12:30pm, 104.7 FM monthly

THURSDAY

Spiritual Readings & Guidance

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

Free Clothing

Donate your clothing or come and help yourself
Judy
9:30 – 11:30
\$ FREE

DOVE
Domestic Violence/Anger Management Support
9:30 – 12:00
\$ FREE

Kaha Ra Mirimiri

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

Mindfulness

Felicity
10:00 – 11:15
\$ Koha

Intermediate English

Wendy
10:00 – 12:00
\$ Koha

Mummy Matters Ante/Postnatal Depression Support Group

Natalie
1:00 – 2:00
\$ Koha

Paper Crafts

Vicky – Lee
2:00 – 4:00
\$ Koha

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



Tell us your email and receive regular updates!

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FRIDAY

Work/Life Coach

Michelle
Appt from 9:15
Booking Required
\$ Koha

Reiki

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

Meditative Yoga

Radha
Starting 10th August
9:00 – 10:30
\$ Koha

Spring Cleaning Your Life

Michelle
24/8/18 – 28/9/18
6 weeks
10:00 – 11:30
\$ Koha

Courses & Activities are during the school term



Intermediate English

Wendy
10:00 – 12:00
\$ Koha

Soup Days Shared Lunch

We provide the soup, 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 **physical wellbeing** so we invite you to come along to our **Wednesday Wellness** 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 12:15 – 1:00 pm.

*Don't forget we have beautiful rooms available for hire – so enquire today as 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.

*Budget Advice Clinic – Bookings Required *Support person for going with you to appointments

*Prep for Work: prepare to find work with TeRina

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

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