

**Term Four
2018**



MONDAY

Vision Board Workshop
Sharmain
5 weeks
15th Oct – 12th Nov
10:00 – 12:00
\$ Koha

Love Languages
Jean
(One Off)
15th October
10:00 – 12:00
\$ Koha

Clear the Clutter
Rochelle
4 weeks
5/11/18 – 26/11/18
10:30 – 12:00
Booking Required
\$ Koha

Scrabble & Games
Tungane
12:00 – 1:00
2nd & 4th of the month
\$ Koha

Relaxation Space
12:30 – 1:30
\$ Free

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

BPD Family Support Group
2nd & 4th Monday of the month
Vanessa
6:30pm – 8:00pm

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

TUESDAY

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

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

Sacred Aspects
Janine
Appts from 10:30
Booking Required
\$ Koha

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

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

Simple Crochet
Tungane
12:30 – 2:00
\$ Koha

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

WEDNESDAY

Clairement Guidance
Jackie
From 9:15am
Booking Required
\$ Koha

Sewing for Beginners
Georgina
9:30 – 11:30
\$ Koha

Chronic Pain Self Support Group
Lynne
10.00 - 11.30
\$ Koha

Egyptian Reiki
Denise
From 10:00am
Booking Required
\$ Koha

Relaxation Space
12:00 – 1:00
\$ Free

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

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

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

Al-Anon
Friends & Families of Alcoholics
6:45pm – 7:45pm
\$ FREE

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 Group
9:30 – 12:00
\$ FREE

Mindfulness Meditation

Felicity
10:00 – 11:30
\$ Koha

Intermediate English

Wendy
10:00 – 12:00
\$ Koha

Thoughtful Thursday

Spiritual Well-being
12:30 – 1:15
\$ koha

Mummy Matters Ante/Postnatal Depression Support Group

Natalie
1:00 – 2:00
\$ Koha

Posture & Movement Class

Patricia
6 weeks
25/10/18 – 29/11/18
1:30 – 2:30
\$ Koha

Paper Crafts

Vicky – Lee
2:00 – 4:00
\$ Koha

Tell us your email and receive regular updates!

Term Four 2018



HERETAUNGA
WOMEN'S
CENTRE

FRIDAY

Neck & Shoulder Mirimiri Massage

Joscelyn
10:15 & 11:15
½ hour appts
Booking Required
\$ Koha

Courses & Activities are during the school term



Relaxation Space

11:30 – 12:30
\$ Free

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



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

Chinese For Beginners (Basic Mandarin)

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



*This term we are focusing on **spiritual well-being**, so we invite you to come along to our **Thoughtful Thursday** 45-minute lunch time sessions. 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 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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