

**Term One  
2019**



**MONDAY**

<p><b>Sexual Abuse Recovery</b> Jean 11<sup>th</sup> Feb – 1<sup>st</sup> April 9:30 – 11:30 (8 weeks) <i>Registration Required</i> \$ Koha</p>	<p><b>Understanding Anxiety</b> Radhika Starting 18<sup>th</sup> February 10:00 – 12:00 (6 Weeks) <i>Registration Required</i> \$ Koha</p>	<p><b>Mindful Monday</b> Emotional Wellbeing Talks  12:15 – 1:00  \$ Koha</p>
<p><b>Scrabble &amp; Games</b> Tungane 12:00 – 1:00 2<sup>nd</sup> &amp; 4<sup>th</sup> week of the month \$ Koha</p>	<p><b>Want to share your skills? Why not volunteer to take a course in this space</b> </p>	<p><b>Walking Group</b> Cathy Leave from the centre 1:30 – 2:30 \$ FREE</p>
<p><b>Sing like there's no one listening</b>  Margot 2:00 – 3:00  \$ Koha</p>	<p><b>Ashtanga Yoga</b>  Bri 5:30 – 6:30pm  \$ Koha</p>	<p><b>Want to share your skills? Why not volunteer to take a course in this space</b></p>

**COUNSELLING**

Available daily, low cost sessions with qualified women counsellors. Call the centre for more details. Please be aware that at times we have a waiting list.

**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**

<p><b>Bowen Therapy</b>  Louise from 9:00am <i>Booking Required</i>  \$ Koha</p>	<p><b>Bioptron Light Therapy</b> Kathy ½ hour appts from 9:30am <i>Booking Required</i> \$ Koha</p>	<p><b>Acrylics Painting</b>  Robyn 9:30 – 12:00  \$ 10.00</p>	<p><b>Spiritual Guidance</b>  Janine Appts from 10:30 <i>Booking Required</i>  \$ Koha</p>
<p><b>Baby Wearing HB</b> 10:00- 12:00 First Tuesday of Every 2<sup>nd</sup> Month \$ FREE</p>	<p><b>Legal Clinic</b>  12:30 – 1:30 <i>Booking Required</i>  \$ FREE</p>	<p><b>Simple Crochet</b>  Tungane 12:30 – 2:00  \$ Koha</p>	<p><b>Coffee &amp; Craft</b>  Lynne 1:00 – 2:30 <i>Booking Required</i>  \$ Koha</p>

Tell us your email and receive regular updates!

**WEDNESDAY**

<p><b>Sewing for Beginners</b>  Georgina 9:30 – 11:30  \$ Koha</p>	<p><b>LIVE WELL</b> Teiti 13/2/19 – 27/3/19 (7 weeks) 9:30 – 12:00  \$ Koha</p>	<p><b>Egyptian Reiki</b>  Denise From 10:00am <i>Booking Required</i>  \$ Koha</p>	*
<p><b>Knitting Group</b>  Carolyn 1:00 - 2:00  \$ Koha</p>	<p><b>Sit and Be Fit</b>  Cathy 1:30 – 2:30  \$ Koha</p>	<p><b>Al-Anon</b> Friends &amp; Families of Alcoholics 6:45pm – 7:45pm  \$ FREE</p>	*

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

## THURSDAY

**Reflexology/Massage**  
Brigit  
45 min appts  
from 9:00  
*Booking Required*  
\$ Koha

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

**Mindfulness  
Meditation**  
  
Felicity  
10:00 – 11:30  
\$ Koha

**BARS**  
**Access Conscious**  
Gail  
45 min appts  
From 12:00noon  
*Booking Required*  
\$ Koha

**Personal  
Coaching**  
  
Jane  
Appts from 1:00  
*Booking Required*  
\$ Koha

**Mummy Matters**  
**Ante/Postnatal  
Depression  
Support Group**  
Natalie  
1:00 – 2:00  
\$ Koha

**NZSL for Mums**  
(Sign Language)  
Trudy  
6 weeks  
1:00 – 2:30  
7/2/19 – 14/3/19  
\$ Koha

**Awareness  
Body  
Movement**  
  
Zhihui  
1:30 – 2:30  
\$ Koha

**Paper Crafts**  
  
Vicky – Lee  
2:00 – 4:00  
\$ Koha

**FREE CLOTHING 9:30 -11:30, Judy**  
Donate your clothing or come and help yourself

## Term One 2019



HERETAUNGA  
WOMEN'S  
CENTRE

## FRIDAY

**Learn Chinese**  
  
Ming  
9:30 – 10:30  
Starting March  
\$ Koha

**Neck & Shoulder  
Mirimiri Massage**  
Joscelyn  
10:15 & 11:15  
½ hour appts  
*Booking Required*  
\$ Koha

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😊😊😊

**Salad Days  
Shared Lunch**  
We provide the salad,  
you bring a plate  
12:30 -1:30  
\$ FREE

**Pre-School  
"Music Together"  
Group**  
Margot  
1:30 – 2:15  
\$ Koha

## SATURDAY

**Chinese For Beginners  
(Basic Mandarin)**  
Lily  
10:00am – 11:30am  
*Booking Required*  
\$ Koha



\*This term we are focusing on **emotional well-being**, so we invite you to come along to our **Mindful Monday** 45-minute lunch time sessions. Each week we will have a different topic and presenter. So, bring your lunch along 12:15pm – 1:00pm

\*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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