

## MONDAY

### Understanding Anxiety

Radhika  
Starting 6<sup>th</sup> May  
10:00 – 12:00  
(6 Weeks)  
*Registration Required*  
\$ Koha

### Intro To Numerology

Diane  
10:00 – 12:00  
\$ Koha

### Naturopathy

Sarah  
Appts from 11:00  
*Booking Required*  
\$ Koha

### Scrabble & Games

Tungane  
12:00 – 1:00  
\$ Koha

### Walking Group

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

### Want to share your skills?

**Why not volunteer to take a course in this space**



## 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](http://www.heretaungawomenscentre.nz)

## Term Two

2019



## TUESDAY

### Bioptron Light Therapy

Kathy  
½ hour appts  
from 9:30am  
*Booking Required*  
\$ Koha

### Acrylics Painting

Robyn  
9:30 – 12:00  
\$ 10.00

### Baby Wearing HB

10:00- 12:00  
First Tuesday of  
Every 2<sup>nd</sup> Month  
\$ FREE

### Spiritual Guidance

Janine  
Appts from 10:30  
*Booking Required*  
\$ Koha

### Bowen Therapy

Louise  
from 12:00pm  
*Booking Required*  
\$ Koha

### Tribal Tuesday

Family/Whanau  
Talks  
12:30 – 1:15  
Guest Speakers  
\$ Koha

### 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

### Ashtanga Yoga

Bri  
5:30pm – 6:30pm  
\$ Koha

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



## WEDNESDAY

### Sewing for Beginners

Georgina  
9:30 – 11:30  
\$ Koha

### Life Coaching

Milena  
½ hour appts from  
9:30am  
*Booking Required*  
\$ Koha

### Mindful with Money

Yvonne  
1/5/19 – 19/6/19  
8 weeks  
9:30 – 12:00  
\$ Koha

### Egyptian Reiki

Denise  
From 10:00am  
*Booking Required*  
\$ Koha

### Knitting Group

Carolyn  
1:00 – 2:00  
\$ Koha

### Everyday Essential Oils

Vicky-Lee  
1:00 – 2:00  
\$ Koha

### Sit and Be Fit

Cathy  
1:30 – 2:30  
\$ Koha

### Al-Anon

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

**Cervical Screening Clinic, 8<sup>th</sup> May, open from 12:30 – 4:00,  
*Booking Required, \$ FREE***

## THURSDAY

**Messages from Spirit**  
Jacqui  
½ hour appts  
From 9:15  
Booking Required  
\$ Koha

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

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

**Sexual Abuse Recovery**  
Jean  
Starting May 16<sup>th</sup>  
8 weeks  
12:30 – 2:30  
Registration 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

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

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

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

**Programme is in the school term only**

## Term Two 2019



HERETAUNGA  
WOMEN'S  
CENTRE

## FRIDAY

**Recycle & Reclaim**  
Kathleen  
9:30 – 11:30  
\$ Koha

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

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

**Hula Hips Fitness**  
Casata  
11:00 – 12:30  
\$ Koha

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

**Meditation**  
Felicity  
Starts 10<sup>th</sup> May  
1:30 – 2:45  
\$ Koha

## SATURDAY

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

**Empower Yoga**  
Raquel  
10:00 – 11:30  
Starts 20<sup>th</sup> April  
Booking Required  
\$ Koha

## SUNDAY

**Gentle Mindful Movement Class**  
Catherine  
7:00am – 8:00am  
\$ Koha



\*This term we are focusing on **family/whanau well-being**, so we invite you to come along to our **Tribal Tuesday** 45-minute lunch time sessions. Each week we will have a different topic and presenter. So, bring your lunch along 12:30pm – 1:15pm.

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

**Term Two 2019**