

HWC PROGRAMME FOR MARCH 2025



Address: Cnr Eastbourne East & Russell St Hastings | **Opening Hours:** 9:00 am – 4:00 pm, Mon – Fri. | **T:** (06) 878 5401 **C:** 020 408 56695, | **Email:** admin@hwc.nz

Ongoing Services: Counselling and SuperSkills Heretaunga life skills mentoring programme, available weekdays. More information on p. 5.

Bookings/registrations are essential and can be made by phone, email, through our website, or in person at the Centre. We welcome a koha/donation unless the cost is stated.

Monthly theme – Connection with Others; Build and strengthen connections with others in your community.						Pillar: Connection
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 9am Hallway Art: Casey Payne 9:30 Art Therapy Appt. 9:30 Gentle Mat Movements Class 10am Numerology Appt. 1pm Quilting for Beginners 1pm Empowered Embodiment	4 11am Mahi Wairua Appt. 11am Reflexology Appt. 12:30 Legal Clinic 1pm Mahi Wairua Appt.	5 9:30 Early Steps to Sewing Class 12pm Knitting Group 1pm Mahi Wairua Appt.	6 9am Herbalist Appt. 9:30 Sewing Group 10am Herbalist Appt. 11am 'Take it Easy' Book Club 11am Mahi Wairua Appt. 4:30 HWC Stakeholders' Event	7 9:30 Women of Worth Session 5	8 International Women's Day Celebration 10am Rongoa Māori Healing Space – drop-in service	9
10 9:30 Art Therapy Appt. 9:30 Gentle Mat Movements Class 10am Reiki Appt. 10am Numerology Appt. 10:45 Art Therapy Appt. 11:15 Reiki Appt. 1pm Quilting for Beginners 1pm Empowered Embodiment	11 10:30 Te Ohu Matangirau A Collective of Many Winds 11am Mahi Wairua Appt. 11am Reflexology Appt. 11am Creative Cardmaking Workshop 12:30 Legal Clinic 1pm Mahi Wairua Appt. 6pm Whitiwhiti Kōrero	12 9:30 Early Steps to Sewing Class 10am Grandparents Raising Grandchildren Coffee Group 12pm Knitting Group 1pm Mahi Wairua Appt.	13 9am Herbalist Appt. 9:30 Sewing Group 10am Herbalist Appt. 11am Mahi Wairua Appt. 12pm De-escalation Training – staff & volunteers 5:30 International Women's Day Event	14 9:30 Women of Worth Session 6 10am Introduction to Tarot Reading	15	16 9:30 Your Own Yoga: Koha Yoga Session

HWC PROGRAMME FOR MARCH 2025 cont.



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Key Service Pillars

He hauora Women's Health & Wellness	He whakatipu Personal Growth	He kaiārahi Mentorship	He whakawhanaungatanga Connection	He tautoko Advocacy
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HWC PROGRAMME FOR MARCH 2025

Welcome to the Heretaunga Women's Centre Monthly Programme!

At the Heretaunga Women's Centre, we're passionate about empowering women and fostering a strong sense of community. Each month, we offer a diverse range of low-cost activities, workshops, groups, and events tailored to boost your confidence, spark new skills, and help you connect with other women. Discover the inspiring lineup we've planned for you—whether it's creative workshops, wellness sessions, or opportunities to learn and grow, there's something for everyone.

How to Book:


Bookings are essential and easy to make. Choose the option that works best for you:

 **Call us:** 06 878 5401 or 020 4085 6695

 **Email us:** admin@hwc.nz

 **Visit our website:** www.heretaungawomenscentre.co.nz

 **Drop by:** Corner of Eastbourne East & Russell Streets, Hastings


 **Hours:** Monday to Friday, 9:00 am – 4:00 pm

Fees & Payments:

Some activities have a small fee, while others welcome donations. Payments can be made:

 In cash

 Via EFTPOS

 By internet transfer (Bank Account: 03 0642 0730099 00, reference the activity name)

We look forward to seeing you at the Centre and being part of your journey to self-discovery, connection, and growth!

Ngā mihi nui

The HWC Team

The Heretaunga Women's Centre Team

How We Help

- **He hauora | Women's Health and Wellness**
Take ownership of your physical, mental, and spiritual health with health sessions and wellness classes, affordable counselling, and low-cost alternative therapies.
- **He whakatipu | Personal Growth**
Reach your potential with workshops and resources that encourage personal growth and self-development in how you see yourself and the world around you.
- **He kaiārahi | Mentorship**
Improve your self-confidence while sharing and developing skills, knowledge, and life experiences in group workshops and one-on-one mentor sessions.
- **He whakawhanaungatanga | Connection**
Build social connections with women from all walks of life through shared interests, group activities, and meaningful conversations.
- **He tautoko | Advocacy**
Get free legal advice and easy access to support and information. If we can't support you with your presenting needs, we'll refer you to the appropriate agencies within our growing network.
- **Room Hire**
Find the perfect space for your next hui or appointment with room hire starting from \$15+GST/hr. Whether you're a community organisation, small business or private group, our cosy welcoming rooms are perfect for your next meeting or event. With spaces that can accommodate between 2 and 35 people, we've got everything you need to make your gathering a success – all at very reasonable rates! Rooms have a range of seating options available from boardroom-style seating to comfortable lounge chairs, and all rooms can have access to whiteboards, tea and coffee-making facilities and toilets. Ready to book? Reach out to Brenda at admin@hwc.nz.
- **Art at the Centre**
Calling all art lovers! Our "Art in the Hallway" initiative brings fresh, local talent of emerging and established female artists to our large, well-lit hallway. Not only does the art brighten up our space, but it also gives local artists a chance to shine—with 20% of every sale supporting HWC. New artwork is displayed fortnightly. Come and check it out next time you're passing and maybe take home a piece to liven up your own space.
Are you an artist? We're always looking for new creators to exhibit. Contact Brenda at admin@hwc.nz to find out how you can showcase your work.
- **Library**
Visit our library to browse and borrow books on topics such as parenting, relationships, stress management, and personal development.
- **Child-friendly spaces**
Bring your tamariki and use our sanitary changing spaces, private breastfeeding areas, and baby playroom.

Ongoing Services

Individual Counselling Appointments | 9:00 am – 4:00 pm, available weekly on weekdays, except for Thursdays

Talking through issues can help you make sense of difficult or complicated situations. Talking to someone who can help you work through matters at your own pace can make all the difference. The Heretaunga Women's Centre offers affordable, confidential, and professional counselling services that is respectful and welcoming to all women.

SuperSkills Heretaunga Individual & Small Group Mentoring Sessions | 9:00 am – 4:00 pm, available Monday to Friday

SuperSkills Heretaunga is a free service for all women delivered at the Heretaunga Women's Centre within our mentorship kaupapa. You can receive support through one-on-one mentoring and/or attending workshops. Our trained SuperSkills Heretaunga mentors have a range of experience, knowledge, and skills to support you in strengthening the practical skills and confidence you need to make the most out of your life and live well.

We are committed to connecting you with a SuperSkills Heretaunga mentor who will walk alongside you to meet your needs and reach your goals. Some of the skills we can support you to develop are growing your own food, cooking healthy meals, sewing, communication skills, technology skills, financial literacy, employment skills, and many others.

Mondays

Hallway Art Exhibitions with various female artists | 9:00 am – 4:00 pm available on weekdays, with new artwork being installed and displayed fortnightly

Calling all art lovers! Our "Art in the Hallway" initiative brings fresh, local talent of emerging and established female artists to our large, well-lit hallway. Not only does the art brighten up our space, but it also gives local artists a chance to shine—with 20% of every sale supporting HWC. New artwork is displayed fortnightly. Come and check it out next time you're passing and maybe take home a piece to liven up your own space.

Are you an artist? We're always looking for new creators to exhibit. Contact Brenda at admin@hwc.nz to find out how you can showcase your work.

Individual Art Therapy Appointments with Kathy | 9:30 – 10:30 am & 10:45 – 11:45 am, weekly on Mondays during school terms, until 7 Apr.

This is a 7–10-week guided colour therapy journey. You will be working in wet-on-wet watercolour paint and in the realm of light and dark with charcoal. These sessions are guided so you will feel supported and encouraged. Colour can work on our whole being to uplift and bring positive changes. Two 60-minute appointments are available each Monday, and two wāhine are seen each term. **Please note that we currently hold a waitlist.**

Gentle Mat Movements Class with Sarah | 9:30 – 10:30 am, weekly on Mondays during school terms, until 7 Apr.

In this class we will be exploring a slower pace. We will lean into our inner stillness and hold whatever emotions or thoughts that arise during these movement sequences. This class is here to nurture you and fill up your cup. We will be zoning in on parts of our bodies which we do not use in our day to day and allowing ourselves to

relax and let go of any tension that has built up throughout the week. Sarah Little wants to share her knowledge of 10 years of experience in a safe and loving space that promotes growth and community. If this resonates with a part of you that desires healthy change, come check out a class and have a chat and cuppa afterwards.

Individual Reiki Appointments with Gerda | 10:00 – 11:00 am, 11:15 am – 12:15 pm & 12:30 – 1:30 pm, weekly on Mondays during school terms, from 10 Mar. – 7 Apr.

Reiki is a gentle, non-invasive healing practice from Japan that promotes the body's natural healing abilities. It is widely recognised for reducing stress, anxiety, and pain while improving sleep and overall well-being. As a safe complementary therapy, Reiki can be used alongside any healthcare plan. During a session, you will lie fully clothed on a massage table while the practitioner moves their hands just above your body, creating a deeply relaxing experience. Gerda, a Reiki practitioner since 2007, trained in the Netherlands and later studied under Shu Shimoaka in Havelock North in 2017. She has years of experience providing Reiki as a supportive and restorative practice. Whether you seek stress relief, emotional balance, or physical healing, Reiki offers a nurturing space for relaxation and self-care. Each Monday, there are three 60-minute appointments available.

Numerology Appointment with Diane | 10:00 – 11:00 am, weekly on Mondays during school terms, until 7 Apr.

Your Life-Path number is probably the most influential numerological aspect to be considered. This number is determined by your birth date and represents who you are at this time. It indicates specific traits that are present and will likely be active and influential throughout your lifetime. Each Monday, there is one 60-minute appointment available.

Quilting for Beginners with Bev | 1:00 – 3:00 pm, a 6-week course on Mondays, 3 Mar. – 7 Apr.

Have you ever considered learning how to quilt? Learn the basics, like sourcing a pattern, cutting, and sewing your choice of cushion, table runner, throw, or wall hanging, and let your creative juices flow. Together, we can help one another with ideas and projects. If you have, bring your own machine and sewing/quilting kit. Some free materials are available; we can repurpose materials from other items, such as clothing, linen, etc. The classes will run for six weeks, **with a small fee of \$10** to enable us to purchase items such as batting.

Empowered Embodiment: A Journey of Resourcing and Reclamation with Lauren | 1:00 – 3:00 pm, a 4-week programme on Mondays, 3 Mar. – 24 Mar.

Join Lauren for a transformative four-week programme to help women reclaim their well-being, resource their nervous systems, and prevent burnout. This empowering experience will nurture your resilience and inner strength through grounding practices, creative expression, and connection. Each week explores self-care, embodiment, community, and resilience with restorative yoga, journaling, somatic dance, and sound healing. Trauma-informed and inclusive, this programme is adaptable to all participants' needs. Materials provided. Spaces are limited, so secure your spot today and take the first step toward renewed balance and self-awareness. The sessions will run for four weeks, **with a fee of \$20 per session** to cover the facilitation and equipment costs.

Tuesdays

Te Ohu Matangirau/A Collective of Many Winds Women's Group with Rosemary, Jo and Mel | 10:30 am – 12:00 pm, a 5-week programme on Tuesdays, from 11 Mar. – 8 Apr.

Te Ohu Matangirau/A *Collective of Many Winds* is a wāhine-led group that provides a safe and supportive space for women to connect, learn, and share their experiences. A collaborative project between the Heretaunga Women's Centre, Prisoner's Aid Rehabilitation Services, Te Whare Whānau Pūrotu (Māori Women's Refuge), and the Te Puna Rangatira team from Te Taiwhenua o Heretaunga, this initiative aims to break down barriers associated with our varied experiences with the justice system. Facilitators from these organisations will hold space for meaningful discussions on personal goals, purpose, change, and resilience.

Mahi Wairua Appointment with Raynor | 11:00 am – 12:00 pm & 1:00 – 2:00 pm, weekly on Tuesdays

Mahi Wairua is a cultural therapy that uses traditional and modern Māori healing practices. It engages in the flow of Wairua through the energetic anatomy and balanced breath, releasing pain and trauma caused to the body. Mahi Wairua acknowledges Mauri (life essence), Mana (status) and Tapu (sacredness) and works to restore the violated Tapu. Two 60-minute appointments are available each Tuesday.

Individual Reflexology Appointments with Brigit | 11:00 – 11:45 am, weekly on Tuesdays until 8 Apr.

Take a well-deserved break and immerse yourself in a soothing reflexology experience designed for your well-being. Each 45-minute session includes gentle pressure techniques to relieve tension, complemented by a relaxing foot bath. Choose your favourite essential oil from a variety available to tailor your experience. This self-care activity promotes relaxation, eases anxiety, and restores balance, allowing you to prioritise your wellness. Two 45-minute appointments are available each Tuesday.

Creative Cardmaking Workshop with Hannah & Liz | 11:00 am – 1:00 pm, on the second Tuesday of each month: 11 Mar.

This group allows participants to get creative, learn a new way of card making, and enjoy getting to know others over coffee and cake. Hannah and Liz lead the workshop, which involves two different card-making styles. In March, the focus will be on **Easter card making**. Come and enjoy making cards your own way—there are no rules, and there is no right or wrong.

Craft Materials Swap with Hannah & Liz | 11:00 am – 1:00 pm, on Tuesday, 25 Mar.

Join us for a morning of creativity, connection, and community at the upcoming Craft Materials Swap event. This is an excellent opportunity for crafters to swap and share excess materials, discover new supplies, and enjoy a relaxed morning with others over a hot drink.

- **No swap is required**—you're welcome to browse and collect materials even if you don't have items to trade.
- **Drop-off at 10:30 am** – if you have materials to contribute, please bring them in an organised state, ready to be displayed.
- **All crafting materials welcome** – from fabric and yarn to paper and beads, anything crafty can find a new home!

Come along, get inspired, and connect with our creative community.

Legal Clinic Appointments supported by various law firms in Hastings | 12:30 – 1:00 pm, weekly on Tuesdays: 4 Mar., 11 Mar., 18 Mar., & 25 Mar.

Thanks to the support of many law firms in Hastings, we can offer a free weekly legal clinic. This clinic provides women in our community with access to initial guidance on legal matters in a supportive, safe, and confidential manner. Our legal clinic takes place each Tuesday, with four 15-minute appointments available.

Whitiwhiti Kōrero: Telling and Witnessing of Your Story with Raynor | 6:00 – 7:00 pm, fortnightly on Tuesdays: 11 Mar. & 25 Mar.

Whitiwhiti kōrero is a forum for cultural support that offers a safe and supportive space to share your story in a witnessing process. Sharing and witnessing our stories can be a powerful healing tool. It helps people feel like they are not alone and provides opportunities for others to give feedback on the positive impact that witnessing has provided. Raynor will facilitate this drop-in healing experience on Tuesday evenings. Please ensure that you register before attending this group.

Wednesdays

Early Steps to Sewing Class with SuperSkills Heretaunga Mentor: Tricia | 9:30 – 11:30 am, a 3-week course on Wednesdays from 5 Mar. – 19 Mar.

Learn the basics of sewing in a supportive, hands-on environment! This three-week course is designed for beginners and those wanting to refresh their fundamental skills, such as threading, filling a bobbin, adjusting stitch settings, and changing a needle. Guided step by step, you'll build confidence using a sewing machine while creating a **simple drawstring bag** to hold your sewing tools. **Bring your own sewing machine if you have one, or use one of ours.** All materials are provided. This class will be limited to four participants.

Grandparents Raising Grandchildren Coffee Group with Leonie & Nga | 10:00 – 11:30 am, fortnightly on Wednesdays: 12 Mar. & 26 Mar.

Grandparents Raising Grandchildren Trust NZ (GRG) provides support services to grandparents who are full-time primary caregivers to their grandchildren. GRG forms a community of people walking the same path, experiencing the same sorrow, joy, and challenges that the role of a grandparent and whānau caregiver brings. Nga, the Hastings GRG Support Coordinator, is offering informal fortnightly coffee groups to provide support and the realisation that you are not alone – instead, that others can help you on your path.

Knitting Group with Carolyn | 12:00 – 1:00 pm, weekly on Wednesdays

Love to knit? Come and enjoy a relaxing hour of knitting and connecting with other women. This social group is for those who know how to knit—there's no teaching, just good company, conversation, and rhythmic clicking of needles. Bring your project, take a break, and enjoy knitting together.

Mahi Wairua Appointment with Raynor | 1:00 – 2:00 pm, weekly on Wednesdays

Mahi Wairua is a cultural therapy that uses traditional and modern Māori healing practices. It engages in the flow of Wairua through the energetic anatomy and balanced breath, releasing pain and trauma caused to the body. Mahi Wairua acknowledges Mauri (life essence), Mana (status) and Tapu (sacredness) and works to restore the violated Tapu. One 60-minute appointment is available each Wednesday.

Thursdays

Individual Herbalist Appointments with Amber from Calendula Room | 9:00 – 10:00 am & 10:00 – 11:00 am, weekly on Thursdays during school terms, until 10 Apr.

Amber is a herbalist studying with the Southern Institute of Medical Herbalism. She works with traditional Western herbal medicine through a vitalist lens to bring balance and support wellness. Amber collaborates with each individual, their constitution, and nature to identify areas of blockage in the healing cycle. Her holistic approach considers lifestyle and constitution, incorporating nature's support to foster deep and lasting healing. Initial consultations at the Heretaunga Women's Centre include discussing health concerns and exploring how nature can aid the healing process. Amber looks forward to supporting individuals on their journey back to balance. There are two 60-minute appointments available at 9:00 am and 10:00 am each Thursday.

Sewing Classes with SuperSkills Heretaunga Mentors: Tricia & Rosemary | 9:30 – 11:30 am, weekly on Thursdays during school terms, until 10 Apr.

Recent shopping shortages and restrictions have made us all more aware of the need to extend the life of something we already have. There are many things you can repurpose with very good results. Take your sewing skills to the next level with these weekly sewing classes designed for those with sewing experience looking to refine their techniques. These classes focus on mending, altering, and repurposing garments while improving confidence in following patterns from start to finish. Master seam repairs, hemming, pattern layout, and garment construction in a supportive learning environment, building on your existing skills. **Bring your own sewing machine if you have one, or use one of ours.** Some materials are provided. **Please note that we currently hold a waitlist.**

'Take it Easy' Book Club with Patricia & Rae | 11:00 am – 1:00 pm, on the first and third Thursdays of the month: 6 Mar. & 20 Mar.

Love a good story? Come unwind with Patricia and Rae at the *'Take It Easy'* Book Club! Enjoy a relaxed atmosphere with tea, coffee, and great conversation about the books we've been reading over the summer. Unlike traditional book clubs, there's no set book to read each month. Instead, we'll share recommendations, insights, and ideas from whatever we've been reading—novels, articles, or poetry. Don't have a book to share? No problem! Just come along, enjoy the cuppa, and soak up the conversation. We'll also share exciting visits from local authors or booksellers, themed discussions, and even the occasional challenge for the adventurous. Thanks to Rae's Hamilton-based book club, which has been going strong for 35 years, we've got a quirky name and a basket of books to kick us off—you're welcome to borrow from or add to our collection. The *'Take It Easy'* Book Club meets in the Women's Centre lounge at 11 am on the first and third Thursday of each month. Seats are limited, so register soon to secure your spot. Everyone is welcome to come and *take it easy* with us!

Mahi Wairua Appointment with Raynor | 11:00 am – 12:00 pm, weekly on Thursdays

Mahi Wairua is a cultural therapy that uses traditional and modern Māori healing practices. It engages in the flow of Wairua through the energetic anatomy and balanced breath, releasing pain and trauma caused to the body. Mahi Wairua acknowledges Mauri (life essence), Mana (status) and Tapu (sacredness) and works to restore the violated Tapu. One 60-minute appointment is available each Thursday.

Rainbow+ Competency Training presented by the Nevertheless Trust | 1:00 – 4:00 pm, on Thursday, 27 Mar.

Location: 4/105 Pakowhai Road, Hastings

The Heretaunga Women's Centre, in collaboration with the Nevertheless Trust, invites you to a 3-hour workshop designed to enhance your understanding of Rainbow+ communities. This session will explore the history of Rainbow+ peoples in Aotearoa, clarify key terminology, and highlight the importance of these concepts. Participants will also gain insight into lived experiences through an engaging live Q&A. **The cost is \$50 per person**, which includes a \$10 donation to the Heretaunga Women's Centre. **For registration and payment details, please email admin@hwc.nz**

Celebrate International Women's Day 2025 with our HWC Fundraising Event | 5:30 – 7:00 pm, on Thursday, 13 Mar. Location: Hastings Art Gallery | Te Whare Toi o Heretaunga at 201 Eastbourne East Street, Hastings

Join us at the stunning Hastings Art Gallery for a special evening celebrating International Women's Day 2025! This event honours women's social, economic, cultural, and political achievements while offering a chance to come together in support and celebration. What to expect:

- **Drinks & Nibbles** to enjoy while mingling with others.
- **Networking** opportunities with inspiring community members.
- **Three Powerful Speakers:** Nafanua Purcell-Kersel, Kelley Waite, and Nephi Tupaea share their insights and stories on women's empowerment.
- **Explore the Artwork** and immerse yourself in the creative atmosphere of the gallery.

Ticket price is \$39 per person, with proceeds going towards the Heretaunga Women's Centre. To purchase your tickets, follow this link: <https://events.humanitix.com/hwc-international-women-s-day-2025>

Fridays

Women of Worth: Move Up! Sessions with Deidré | 9:30 am – 12:30 pm, a 10-week programme on Fridays, until 11 Apr.

Women of Worth offers a range of programmes to support women in making the positive, lasting changes they desire. Move Up! is a 10-session programme that runs once a week. It offers a personalised approach within a facilitated group setting. It uses various tools and strategies to consider change in seven key life areas. Small steps in these areas can lead to significant change for participants. During these sessions, you will:

- Discover your worth and strengths and how to use them.
- Identify and develop your skills and talents.
- Explore ways to make the lasting changes you want.
- Learn how to use tools and strategies for overcoming challenges and building resilience on your way to success.
- Develop a realistic plan – a way forward for building the life you want for you and your whānau.
- Have fun and celebrate with other women in a supportive group setting.

Spaces are limited. Email manager@hwc.nz to express your interest in participating in this new and exciting programme offered by the Heretaunga Women's Centre.

An Introduction to Tarot Reading Course with Sian | 10:00 – 11:30 am, a 6-week course on Fridays, until 28 Mar.

Learn how to read Tarot and start your spiritual journey with a crystal clear vision. We'll study the Major and Minor Arcana, plus numerology. Along with the Court cards, the Elements, Astrological correspondences, and Tarot spreads. Whether you are learning to read for yourself or others, on a personal journey of self-discovery, or walking a healing path to recovery, this will enhance your intuitive responses and broaden your Tarot knowledge.

'Get Hooked' Crochet Classes for Beginners with Leah | 10:30 – 11:30 am, a 4-week course on Fridays, from 21 Mar. – 11 Apr.

Ready to learn the basics of crochet? This four-week course is designed especially for beginners looking to master fundamental stitches in a fun and supportive environment. No experience? No problem! You'll start with the basic techniques and build confidence as you practice. Whether you're picking up a hook for the first time or need a refresher, this class will help you get started with a simple square pattern. **Please bring your own crochet hook/s and yarn.**

'Goddess' Clay Making 2-Day Workshop with Mandy | 5:00 – 8:00 pm on Friday, 21 Mar. – Session 1 & 9:00 am – 12:00 pm on Saturday, 22 Mar.

Join experienced local potter Mandy Olsen to learn basic pottery techniques to create your own unique GODDESS. These clay creations can remind us of who we are and what we are capable of as women and help support us through the struggles and challenging times in life. This 2-day workshop is limited to 10 spaces. To cover the expenses of the clay, firing, washing and use of tools, **this workshop will cost \$45 per participant.** Please bring an apron or old clothing that may get dirty, an old towel and a small-medium sized box for transporting. Nau mai haere mai ki te kaupapa o tenei wa.

Cooking Classes with SuperSkills Heretaunga Mentors | 10:30 am – 12:00 pm, on the last Friday of each month: 28 Mar.

Cooking can be easy and affordable if you learn how to use seasonal produce in your recipes. Knowing key ingredients and having a great recipe book can be invaluable. Learn how to make simple vegetarian recipes. These classes are for those who love exploring different cuisines and styles of cooking. To join this group, you must have some kitchen experience (basic meal preparation skills and the ability to follow a recipe independently). Please bring a small container to take home a sample of the selected recipes. This class will be limited to four participants. Join us on 28 Mar. to learn how to prepare a simple vegetarian recipe.

Shared Community Lunch with the HWC Team | 12:30 – 1:30 pm, on the last Friday of each month: 28 Mar.

All women and children are welcome to come and share a healthy lunch with us; we will provide a healthy vegetarian meal for those who join us.

Saturdays

'Goddess' Clay Making 2-Day Workshop with Amanda | 9:00 am – 12:00 pm on Saturday, 22 Mar. – Session 2

Refer to p 11. for more information about this 2-day workshop.

Rongoā Māori Healing Space with Raynor and other Practitioners | 10:00 am – 2:00 pm, on Saturdays: 8 Mar. & 22 Mar.

Join Raynor and other Rongoā Māori practitioners for a deeply restorative and culturally enriching experience. Through **koha-based sessions**, whānau and individuals are invited to connect with experienced healers in a safe, supportive environment. The offerings include:

🌿 **Mirimiri** – release trauma stored at a cellular level and reframe negative touch experiences.

🎵 **Waiata** – harness the power of sound and frequency for healing.

📖 **Pūrakau** – share and witness life stories of overcoming adversity to discover resilience and transformation.

🌱 **Mahi Wairua** – explore Wairuatanga (spirituality), the seed system, and its role in daily life. He ira Atua, he ira Tanagata.

🌙 **Maramataka** – learn about moon cycles, natural rhythms, and their influence.

🌿 **Rongoā** – discover the healing properties of native plants.

We also offer **Kōrerorero** – fostering courageous and respectful group conversations that uplift and empower. Come as you are—experience healing, connection, and the wisdom of Rongoā Māori. **All are welcome.**

Sundays

'Your Own Yoga': Koha Yoga Session with Susy | 9:30 – 10:30 am, monthly on Sundays: 16 Mar.

Join Susy for a mindful and restorative yoga session at the Heretaunga Women's Centre. Held monthly on Sundays, this practice welcomes all levels and focuses on breath, movement, and stillness to cultivate deep awareness. Sessions are offered for koha—come as you are and give what you can. **To register, email paula@yourownyoga.co.nz** or visit Your Own Yoga's website for more details.