

HWC PROGRAMME FOR JUNE 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.

The Heretaunga Women's Centre offers a safe, inclusive space for diverse workshops, programmes, and events led by volunteers, contractors, and service providers. The views and content shared by individual facilitators may not necessarily represent the Centre's values or official stance.

Monthly theme – Reflect and Recharge: Take time to reflect on your growth over the past months and recharge.						Pillar: Personal Growth
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 <i>King's Birthday – the Centre will be closed</i>	3 9am Hallway Art: Michelle Carswell 10:30 Te Ohu Matangirau 11am Mahi Wairua Appt. 12:30 Ukulele Class 1pm Mahi Wairua Appt.	4 9:30 'Common Threads' Sewing group 10am Grandparents Raising Grandchildren 12pm Knitting Group 12pm Radio HB Show: Planet Women 1pm Mahi Wairua Appt. 1pm Quilting for Beginners	5 9:30 'Restitch & Renew' Sewing Group 11am 'Take it Easy' Book Club 11am Mahi Wairua Appt.	6 9:30 'Begin to Sew' Class 10:30 'Get Hooked' Crochet Club: Learn the Basics	7 10am Rongoa Māori Healing Space – drop-in service	8
9 <i>HWC Staff & Volunteer Professional Development Day – Centre will be closed</i> 9:30 Art Therapy Appt. 10:45 Art Therapy Appt.	10 10:30 Te Ohu Matangirau 11am Mahi Wairua Appt. 11am Creative Cardmaking Workshop 12:30 Ukulele Class 1pm Mahi Wairua Appt.	11 9:30 Essential Oils Wellness Workshop part1 12pm Knitting Group 12pm Radio HB Show: Planet Women 1pm Mahi Wairua Appt. 1pm Quilting for Beginners	12 9:30 'Restitch & Renew' Sewing Group 11am Mahi Wairua Appt. 12pm Ukulele for Beginners 4:30 HWC Corporate Sponsorship Programme Launch	13 9:30 'Begin to Sew' Class 10:30 'Get Hooked' Crochet Club: Learn the Basics 12pm Confident Steps: 'Rental Made Easy' Workshop	14 1pm HB Volunteers Expo at the Napier War Memorial	15 9:30 Your Own Yoga: Koha Yoga Session

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16 NZ Volunteer Week 9am Hallway Art: Deborah Maree Taylor 9:30 Art Therapy Appt. 10am Women's Self Defence Workshop 10am Reiki Appt. 10am Numerology Appt. 10:45 Art Therapy Appt. 11:15 Reiki Appt. 12:30 Reiki Appt. 1pm Quilting for Beginners	17 NZ Volunteer Week 10:30 Te Ohu Matangirau 11am Mahi Wairua Appt. 12:30 Legal Clinic 12:30 Ukulele Class 1pm Mahi Wairua Appt.	18 NZ Volunteer Week 9:30 'Common Threads' Sewing group 10am Grandparents Raising Grandchildren 10am CV & Cover Letter Writing Workshop 12pm Knitting Group 12pm Radio HB Show: Planet Women 1pm HWC Volunteer Celebration	19 NZ Volunteer Week 9:30 'Restitch & Renew' Sewing Group 10am Community connection talk with WEAVE 11am Mahi Wairua Appt. 11am 'Take it Easy' Book Club 12pm Ukulele for Beginners	20 NZ Volunteer Week <i>Matariki Public Holiday – the Centre will be closed</i>	21 10am Rongoa Māori Healing Space – drop-in service	22
23 9:30 Art Therapy Appt. 9:30 Cooking on a Budget Class \$5pp 10am Reiki Appt. 10am Numerology Appt. 10:45 Art Therapy Appt. 11:15 Reiki Appt. 12:30 Reiki Appt. 1pm Quilting for Beginners	24 10:30 Te Ohu Matangirau 11am Mahi Wairua Appt. 12:30 Legal Clinic 12:30 Ukulele Class 1pm Mahi Wairua Appt.	25 9:30 Essential Oils Wellness Workshop Part 2 12pm Knitting Group 12pm Radio HB Show: Planet Women 1pm Mahi Wairua Appt. 1pm Priceless: Unlock your Creativity Workshop \$5pp	26 9:30 'Restitch & Renew' Sewing Group 9:30 Financial Mentoring with Weave HB 11am Mahi Wairua Appt. 12pm Ukulele for Beginners	27 9:30 'Begin to Sew' Class 10:00 Family Violence Training by HWC 10:30 'Get Hooked' Crochet Club – Learn the basics 10:30 Cooking Class 12:30 Shared Lunch 3:30 Homework Hub	28	29
30 School Holidays 9am Hallway Art: Jo Reid 9:30 Art Therapy Appt. 9:30 Cooking on a Budget Class \$5pp 10:45 Art Therapy Appt. 1pm Quilting for Beginners 5:30 HWC AGM						

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 JUNE 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 Wednesdays

Discussing issues can help you make sense of difficult or complex 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 by 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: Michelle Carswell, Deborah Maree Taylor & Jo Reid

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 23 Jun.

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.**

'Cooking on a Budget' Classes with Mandi | 9:30 – 12:30pm, starting on Monday 23 June until 21 July

Join Mandi for a series of five engaging and informative classes where she will guide you through the art of cooking nutritious meals for just \$5. In this class, you'll learn how to prepare a variety of mouth-watering recipes, including: Dahl with Bread and Rice, Chicken Chow Mein, Sweet and Sour Meatballs, Fried Rice, Hearty

Soups. Each meal will be accompanied by fresh vegetables and bread, ensuring you get a balanced and satisfying dish every time. At the end of each class, we'll come together for a shared lunch, fostering a sense of community. 'Cooking on a Budget' is designed to empower women with the skills and confidence to create wholesome meals on a tight budget. Let's embark on this culinary journey together and make delicious, healthy eating accessible to all!

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, until 23 Jun.

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 and complementary therapy, Reiki can be used in conjunction with 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, three 60-minute appointments are available.

Numerology Appointment with Diane | 10:00 – 11:00 am, weekly on Mondays during school terms, until 23 Jun.

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, one 60-minute appointment is available.

Quilting for Beginners with Bev | 1:00 – 3:00 pm, a 6-week course on Mondays, until 28 July.

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.

Tuesdays

Te Ohu Matangirau/A Collective of Many Winds Women's Group with Rosemary, Jo and Mel | 10:30 am – 12:00 pm, weekly on Tuesdays during school terms, until 24 Jun.

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.

Creative Cardmaking Workshop with Hannah & Liz | 11:00 am – 1:00 pm, on the second Tuesday of each month: Tuesday 10 June

This group enables participants to get creative, learn a new card-making technique, and enjoy getting to know others over coffee and cake. Hannah and Liz lead the workshop, which involves two different card-making styles. In June's card making workshop we will be using the cuttlebug which will allow us to cut precise shapes accurately without the need for scissors. We can create lots of simple shapes like stars and hearts or more complex shapes. Don't worry if you haven't used anything like this before we will be learning together!!

Legal Clinic Appointments supported by various law firms in Hastings | 12:30 – 1:00 pm, weekly on Tuesdays.

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.

Learn to Play the Ukulele and Sing-Along Classes with Brenda | 12:30 – 1:30 pm, weekly on Tuesdays during school terms, until 24 Jun.

Learn how to play the ukulele at your own pace for 9 weeks. This group is open to all levels of expertise and will practice playing a mixture of songs from a compiled songbook. **Please bring your ukulele, notepad, pen, and a folder to store your resources.**

Wednesdays

'Common Threads' Sewing group with Georgina | 9:30 – 10:30 am, fortnightly on Wednesdays, 4 June & 18 June

Common Threads is more than just a sewing group—it is a long-standing, close-knit community woven together by sewing skills, connection, and shared experience. For many years, this group has gathered weekly to sew, support, and share stories while working on various projects, from cushions to clothing and everything in between. Whether you're bringing your project or looking for inspiration, there's always room to create. Bring your sewing machine if you have one (a few are available to borrow), and some materials are on hand to help get you started. All levels of sewing experience are welcome. Common Threads is a closed group and is not currently accepting new registrations.

Essential oils wellness Workshop part 1 & 2 with Julie Rowlands | 9:30am – 10:30 am, on Wednesdays, 11 June & 25 June

Julie is a wellness coach and essential oil educator, who is passionate about helping women support their health and wellness using the power of Essential Oils and natural solutions. She teaches women how to make themselves and their health a priority, even when it is easier to put everyone else's needs first. In this hands-on workshop you will learn 3 cool things about essential oils, 3 ways

to use them and simple ways to integrate these beautiful oils into your life to support your overall health and wellness goals.

Grandparents Raising Grandchildren Coffee Group with Leonie & Nga | 10:00 – 11:30 am, fortnightly on Wednesdays, 4 June & 18 June

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.

CV & Cover Letter Writing Workshop with Mikayla from the Development Hub | 10:00 – 11pm, on Wednesday 18 June

Looking to take the next step in your career? Join this workshop and gain practical, proven tools to help you write a standout CV and cover letter. Delivered by Mikayla from the Development Hub, this 1-hour session offers expert guidance, real-world tips, and the confidence to present your skills and experience effectively. Whether entering the workforce or making a change, you will leave with the resources and support you need to move forward with purpose. Let's get your professional journey moving — one page at a time.

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.

Planet Women Show on Radio Hawke's Bay | following the 12:00 pm (midday) news, weekly on Wednesdays throughout June.

Did you know the Heretaunga Women's Centre has a Radio Hawke's Bay segment where we share the voices and stories of local women? The Planet Women radio show aims to create opportunities for you to hear from different individuals, organisations, and businesses about the support and services available for women in the Hawke's Bay community. Be on the lookout for upcoming episodes, which will air each Wednesday after the 12:00 pm (midday) news. Visit the Radio Hawke's Bay website or click on [Planet Women \(radiohawkesbay.org.nz\)](http://PlanetWomen(radiohawkesbay.org.nz)) for our June Planet Women episode, in which Deidré Venter and Amber McArthur discuss the Harcourts Hawke's Bay Triathlon and other upcoming events at the Heretaunga Women's Centre.

Priceless: Unlock your Creativity Workshop with Sharleen and Guest Hosts | 1:00 – 2:30 pm on the last Wednesday of each month: Wednesday 25 June

Emily Armstrong from the Pencil Room : **Tiny Worlds: Creative Drawing To Calm The Mind**

Take some time out from the real world as you create your own tiny world using pencil and pen. Experiment with pattern and contrast and learn how to use these effectively in a design. This workshop asks for **\$5 per participant**.

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

'Restitch & Renew', Sewing Classes with SuperSkills Heretaunga Mentors: Tricia & Rosemary | 9:30 – 11:30 am, weekly on Thursdays during school terms until 27 June.

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.**

The Community Kōrero Series aims to create opportunities for women to meet with different organisations, businesses, and service providers to learn about the support and services available for women in the Hawke's Bay community. Keep an eye out for more upcoming talks:

Connect with **WEAVE | 10am-11am, Thursday 19 June**

For over 40 years, Weave Hawke's Bay has been empowering whānau and individuals to thrive, by building connections and supporting wellbeing. They offer services such as Counselling, Financial Mentoring, Whānau Support, Early Childhood Education and Food Assistance. Come learn more about how these services can support women and whānau in our community.

'Take it Easy' Book Club with Patricia & Rae | 11:00 am – 1:00 pm, on the first and third Thursdays of the month: 5 June & 19 June.

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'*. 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.

Ukulele for Beginners with Kathy | 12:00 – 1pm, weekly on Thursday during school terms, starting on the 12 June

Join Kathy for a fun and interactive Ukulele Class for Beginners! This class is perfect if you are new to the ukulele. Kathy, an experienced player, will guide you through the basics, including how to choose and tune your ukulele, basic strumming techniques, and your first chords. You'll even learn to play a song by the end of the session! No prior musical experience is required. Come and discover the joy of playing the ukulele in a supportive and friendly environment. Bring your own ukulele.

Financial Mentoring with Weave HB | 9:30 am – 10:30am meet 4th Thursday of every month, 26 June.

WEAVE works with individuals, whānau, businesses and community groups. Whether you're struggling to manage debt or looking to build your confidence with money, WEAVE can help you take the next steps toward financial stability and empowerment. Their Financial Mentoring services are tailored to your unique situation, with practical support including: Budgeting and cash flow: Develop personalised budgets and plans to manage weekly, monthly, and yearly expenses / Goal-setting and Financial Action Plans: Work with us to create realistic goals and strategies to achieve them / Debt management: Get help negotiating with creditors, exploring repayment options, and understanding insolvency solutions / Advocacy and entitlements: Access support for WINZ and IRD applications, financial hardship withdrawals, and more.

HWC Corporate Sponsorship Programme Launch | 4:30 – 6:00 pm on Thursday, 12 June

We warmly invite local businesses to join us for the launch of the **HWC Corporate Sponsorship Programme**. As a charitable organisation, we rely on strong community and business partnerships to continue delivering safe, inclusive, and empowering programmes for the women of Hawke's Bay. Sponsorship is key in helping us meet ongoing operational needs – from programme delivery to maintaining our welcoming Centre space.

Your support creates real impact: helping women gain confidence, build connections, and access opportunities for growth and wellbeing.

Fridays

'Begin to Sew' Classes with Aiai | 9:30 – 11:30 am, weekly on Fridays during school terms, until 27 Jun.

Discover the joy of sewing in this relaxed, beginner-friendly class with experienced tutor, Aiai. Learn basic skills in a structured environment, from understanding different fabrics and tools to learning essential stitches and techniques. With hands-on guidance, you will gain confidence in your abilities and be able to create your own projects. Perfect for those looking to start their sewing journey or pick up a practical new hobby. Bring your own sewing machine if you have one or use one of ours. Some materials are provided.

Professional Development: Family Violence Training with Jenny, HWC Counsellor | 10:00 am – 12:00 pm on Friday, 27 June

Join us for a valuable two-hour professional development session led by experienced HWC counsellor, Jenny Whitehead. This session will focus on deepening your understanding of family violence and how to respond safely. The training will cover key dynamics of violence, power, and control; warning signs to be aware of and how to respond if you are concerned about someone's physical and/or emotional safety. This is a good learning opportunity for anyone working with or supporting women and whānau in our community. Morning tea will be provided.

'Get Hooked' Crochet Classes for Beginners with Leah | 10:30 – 11:30 am, a 4-week course on Fridays, 6, 13, & 27 June.

Ready to learn the basics of crochet? This four-week course is specifically designed for beginners seeking 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.**

'Rental Made Easy' workshop with Chelsea Derrick from Living Property Management | 12pm, Friday 13 June *"Getting a Rental & Being a Great Tenant: What to Expect"*

Join Chelsea Derrick from Living Property Management as she shares practical advice on how to successfully secure a rental property and become the kind of tenant landlords want.

In this light-hearted and informative session, Chelsea will walk attendees through the rental application process, explain what property managers look for and outline tenants' rights and responsibilities. She'll also cover what to expect during property inspections and share helpful tips for clear and respectful communication with landlords or agents. Whether you're applying for your first rental or want to sharpen your tenancy skills, this session will provide tools, insights, and confidence to help you stand out.

Matariki Celebration Event | 12pm – 2pm, Friday 20 June

Come to join us to learn more about Matariki. We will have hangi for \$35pp. We will be open from 12pm to 2pm. We will make our way to the rededicated Pou in the Civic Square. It will be an opportunity for a ritualistic acknowledgment of the loved ones gone.

Shared Community Kōrero & Kai with the HWC Team | 12:30 – 1:30 pm, on the last Friday of each month: 27 June

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


'The Homework Hub' | 3:30pm – 4:30pm, on Friday, last Friday of the month


We are excited to announce the launch of the Homework Hub, a dedicated space for high school girls to come together once a month. Our aim is to provide a safe and supportive environment where students can share their experiences, revise their studies, and help each other succeed. At the Homework Hub, you'll find: A welcoming space to connect with peers, opportunities to revise and prepare for exams & support from fellow students. We hope that the Homework Hub will reassure and empower students, helping them feel confident and ready for their exams. Join us and be part of a community that values learning and mutual support!

Saturdays

Rongoā Māori Healing Space with Raynor and other Practitioners | 10:00 am – 2:00pm

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: 13 Apr.

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.