

# HWC PROGRAMME FOR APRIL | PAENGA-WHĀWHĀ 2026



**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](mailto:admin@hwc.nz)

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

**Registration is essential and can be made by phone, email, through our website, or in person at the Centre. We welcome a contribution 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.*

Please, see our Special

## Youth Holiday Programme

on a different page. Lots of fun activities for teenagers over the school holidays. Registrations are essential.

Monthly theme – Empowerment through Education. Learn something new and share knowledge with others.						Pillar: Mentorship
Monday   Rāhina	Tuesday   Rātū	Wednesday   Rāapa	Thursday   Rāpare	Friday   Rāmere	Saturday   Rāhoroi	Sunday   Rātapu
		<b>1</b> <b>Bowen Therapy</b> 11 am – 1 pm 4 × 30min appointments <b>Knitting Group</b> 12 – 1 pm <del>Waiata Māori</del> Canceled <del>12:30 – 1:30 pm</del> <b>Venus Sisterhood Circle</b> 1:30 – 2:30 pm	<b>2</b> <b>Book Club</b> 10:30 am – 12:30 pm <b>Sewing for Beginners</b> 9:30 – 11:30 am <b>Lunchtime Meditation</b> 12 – 1 pm	<b>3 School Holiday</b>  Good Friday The Centre is closed	<b>4 School Holiday</b>	<b>5 School Holiday</b>
<b>6 School Holiday</b>  Easter Monday The Centre is closed	<b>7 School Holiday</b> <b>Your Own Yoga:</b> 9:30 – 10:30 am <b>Housing Advocacy</b> 10 am – 12 pm <b>Legal Clinic</b> 12:30 – 1:30 pm 4 × 15min appointments <b>Quilting</b> 1 – 3:30 pm	<b>8 School Holiday</b> <b>Kin Carers Connect</b> 9 – 10:30 am <b>Intro to Tarot Reading</b> 10 – 11:30 am <b>Knitting Group</b> 12 – 1 pm <b>Venus Sisterhood Circle</b> 1:30 – 2:30 pm	<b>9 School Holiday</b> <b>Lunchtime Meditation</b> 12 – 1 pm	<b>10 School Holiday</b> <b>Writing Group</b> 10 am – 12 pm	<b>11 School Holiday</b> <b>Sat Chit Ananda (Yoga)</b> 4 – 5:15 pm	<b>12 School Holiday</b> <b>Your Own Yoga:</b> <b>Koha Session</b> 9:30 – 10:30 am

Monday   Rāhina	Tuesday   Rātū	Wednesday   Rāapa	Thursday   Rāpare	Friday   Rāmere	Saturday   Rāhoroi	Sunday   Rātapu
<b>13 School Holiday</b> <b>Reiki</b> 10 am – 1:30 pm 3 × 1 h appointments	<b>14 School Holiday</b> <b>Health &amp; Disability Clinic</b> 9:30 – 10:30 am <b>Your Own Yoga</b> 9:30 – 10:30 am <b>Cardmaking Workshop</b> 10:30 am – 12:30 pm \$5 <b>Legal Clinic</b> 12:30 – 1:30 pm 4 × 15min appointments <b>Self Defence Workshop</b> 5:30 – 8:30 pm \$10	<b>15 School Holiday</b> <b>Intro to Tarot Reading</b> 10 – 11:30 am <b>Bowen Therapy</b> 11 am – 1 pm 4 × 30min appointments <b>Knitting Group</b> 12 – 1 pm <b>Venus Sisterhood Circle</b> 1:30 – 2:30 pm	<b>16 School Holiday</b> <b>Book Club: Meet the Author – Mary-Anne Scott</b> 10:30 am – 12:30 pm \$5 <b>Lunchtime Meditation</b> 12 – 1 pm	<b>17 School Holiday</b> <b>Writing Group</b> 10 am – 12 pm	<b>18 School Holiday</b>	<b>19 School Holiday</b> <b>Your Own Yoga: Koha Session</b> 9:30 – 10:30 am
<b>20</b> <b>HWC Team Hui – Centre opens at 10 am</b>  <b>Art Therapy FULL</b> 9:30 – 11:45 am 2 × 1 h appointment <b>Reiki</b> 10 am – 1:30 pm 3 × 1 h appointments <b>Gentle Mat Movement</b> 10 – 11 am \$5	<b>21</b> <b>Sewing for Experienced</b> 9:30 – 11:30 am <b>Your Own Yoga</b> 9:30 – 10:30 am <b>Ukulele for Beginners</b> 12 – 12:45 pm <b>Legal Clinic</b> 12:30 – 1:30 pm 4 × 15min appointments <b>Ukulele for Experienced</b> 1 – 2 pm <b>Quilting</b> 1 – 3:30 pm	<b>22</b> <b>Kin Carers Connect</b> 9 – 10:30 am <b>Essential Oils</b> \$5/roller <b>9:30 – 11:30 am</b> <b>Sewing FULL</b> 9:30 – 11:30 am <b>Intro to Tarot Reading</b> 10 – 11:30 am <b>Beading Workshop</b> \$5 12 – 1:30 pm <b>Knitting Group</b> 12 – 1 pm <b>Venus Sisterhood Circle</b> 1:30 – 2:30 pm	<b>23</b> <b>Sewing for Beginners</b> 9:30 – 11:30 am <b>Painting on Denim</b> \$10 12 – 1:30 pm <b>Lunchtime Meditation</b> 12 – 1 pm <b>Journaling Group</b> 12:30 – 2:30 pm	<b>24</b> <b>Writing Group</b> 10 am – 12 pm <b>Cooking Class</b> 10:30 am – 12 pm <b>Shared Lunch</b> 12 – 1 pm	<b>25</b>  <b>ANZAC day</b>	<b>26</b>
<b>27</b>  <b>ANZAC day (observed)</b>	<b>28</b> <b>Spouses as Carers</b> 9 – 10:30 am <b>Sewing for Experienced</b> 9:30 – 11:30 am <b>Your Own Yoga</b> 9:30 – 10:30 am <b>Ukulele for Beginners</b> 12 – 12:45 pm <b>Legal Clinic</b> 12:30 – 1:30 pm 4 × 15min appointments <b>Ukulele for Experienced</b> 1 – 2 pm <b>Quilting</b> 1 – 3:30 pm <b>Waiata Māori</b> 2 – 3 pm	<b>29</b> <b>Mums &amp; Bubs – real life meetups</b> 1/5 9:30 – 11:30 am <b>Intro to Tarot Reading</b> 10 – 11:30 am <b>Bowen Therapy</b> 11 am – 1 pm 4 × 30 min appointment <b>Knitting Group</b> 12 – 1 pm <b>Venus Sisterhood Circle</b> 1:30 – 2:30 pm	<b>30</b> <b>Sewing for Beginners</b> 9:30 – 11:30 am <b>Financial Mentoring Clinic</b> 9:30 am – 12:30 pm 6 × 30min appointments <b>Lunchtime Meditation</b> 12 – 1 pm <b>Journaling Group</b> 12:30 – 2:30 pm <b>Priceless: Unlock Your Creativity</b> \$5 1 – 2:30 pm			


# HWC PROGRAMME FOR APRIL PAENGA-WHĀWHĀ 2026

## 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](mailto:admin@hwc.nz)


 **Visit our website:** [www.heretaungawomenscentre.nz](http://www.heretaungawomenscentre.nz)


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


 **Hours:** Monday to Friday, 9 am – 4 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 \$20+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](mailto: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](mailto: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: Our nursery**

Bring your tamariki and use our clean changing spaces, private breastfeeding areas, and baby playroom.

## Ongoing Services

### Individual Counselling Appointments | 9 am – 4 pm, available weekly on weekdays, except for Wednesday.

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 service that is respectful and welcoming to all women.

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

Free mentoring and workshops to build confidence and practical skills for everyday life. Trained mentors walk alongside you to reach your goals, whether learning to cook, sew, budget, garden, or grow employment skills. A supportive kaupapa for women, by women.

### Cervical Screening Clinic Appointments Te Whatu Ora, Te Matau a Māui Hawke's Bay.

This is a free service for women between 25 and 70 years. For more information and bookings, please phone 0800 729 729.

## Mondays | Rāhina

### Hallway Art Exhibitions with various female artists | 9 am – 4 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](mailto:admin@hwc.nz) to find out how you can showcase your work.

### Individual Art Therapy Appointments with Kathy | 9:30 – 11:45 am, weekly on Monday during school term only, from 20 April to 29 June.

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 feel supported and encouraged. Colour can affect our whole being, uplifting and bringing positive change. Two 60-minute appointments are available each Monday, and two wāhine are seen each time. **There is a waiting list for these appointments.**

### Reiki Appointments with Gerda | 10 am – 1:30 pm, weekly on Monday.

Reiki is a gentle Japanese healing practice that supports the body's natural ability to restore balance. Known for reducing stress, anxiety, and pain, it also promotes better sleep and overall well-being. During a session, you will relax fully clothed while the practitioner works just above your body, creating a deeply calming experience. Gerda, a Reiki practitioner since 2007, brings years of expertise to each session. Each Monday, three 60-minute appointments are available.

**Gentle Mat Movement with Sarah | 10 – 11 am, weekly on Monday, during school term only, from 20 April to 29 June.**

Slow down and reconnect with your inner stillness. Guided movement sequences nurture body and mind, release tension, and encourage healthy change. With 10 years of experience, Sarah creates a safe, supportive space for growth, relaxation, and community. A minimum **\$5** fee is asked per session.

## **Tuesdays | Rātu**

**Spouses as Carers with Rochelle | 9 – 10:30 am, monthly on the last Tuesday of each month, 28 April.**

Spousal carers provide essential, full-time care, transforming their relationship from partners to caregivers, which can lead to extreme physical and emotional burnout, or "compassion fatigue".

Key support strategies include seeking help, maintaining social connections, and planning for care transitions. Support groups for spouses caring for partners with chronic illnesses or disabilities offer emotional and practical help to navigate the transition from partner to caregiver. This group provides a space to discuss feelings in a safe and supportive environment.

**Health & Disability Clinic with Nationwide Health & Disability Advocacy Service, Ngā Kaitautoko | 9:30 – 10:30 am, Tuesday 14 April.**

Free support to resolve your concerns about a Health or Disability Service.

**Your Own Yoga with Zara | 9:30 – 10:30 am, weekly on Tuesday.**

Yoga with Zara is a nourishing, calming practice that invites you to explore sensation in the body through mindful movement, conscious breath, and grounding awareness. The class is a blend of standing, seated, and supine postures, offering space to slow down, reconnect, and settle the nervous system.

This practice is accessible and inclusive, with options offered throughout, making it suitable for all bodies and all levels — whether you're new to yoga or simply seeking a gentle, centring experience.

**Housing Advocacy with Lexie from Ka Puta Ka Ora Emerge Aotearoa | 10 am – 12 pm, on the first Tuesday of each month, 7 April.**

Do you need support working through housing issues? Whether it is budgeting, property upkeep, preparing for house inspections, MSD advocacy, responding proactively to breach notices, or resolving issues between landlords and tenants. Lexie is here to listen, make a plan and set goals to get you back on track. She is an experienced housing navigator available on the first Tuesday of each month. Come along for a cup of tea and a chat.

**Cardmaking Workshop with Liz | 10:30 am – 12:30 pm, monthly, Tuesday 14 April.**

Get creative, learn new techniques, and connect over coffee and cake. This month's theme is *Mother's Day or Birthdays*. A relaxed space to explore ideas, share laughs, and make cards your own way. A **\$5** fee is asked to cover the material costs.

**Sewing for Experienced | 9:30 – 11:30 am, weekly on Tuesday, during the school term only, from 21 April to 30 June.**

Our experienced sewing group meets every Tuesday for a relaxed, peer-support space where confident makers can connect, create, and encourage one another. This closed group comprises women who enjoy working on their own sewing projects while sharing skills, ideas, and camaraderie.

**Planet Women Show on Radio Hawke's Bay: Discussing the kaupapa and mahi of other organisations | following the 12 pm (midday) news, weekly each Tuesday.**

Tune in each week to hear local women's voices and stories. Planet Women shares insights from individuals, organisations, and businesses supporting wāhine in Hawke's Bay. Inspiring, informative, and community-driven radio.

**Ukulele for Beginners with Kathy | 12 – 12:45 pm, weekly on Tuesday, during the school term only, from 21 April to 30 June.**

Learn the basics of ukulele in a fun, supportive class. Kathy will guide you through tuning, strumming, and your first chords; you will even play a song by the end! No experience needed. Bring your own ukulele if possible.

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

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

**Ukulele for Experienced with Kathy | 1 – 2 pm, weekly on Tuesday, during the school term only, from 21 April to 30 June.**

Join Kathy for a fun and relaxed ukulele session designed for experienced players. This class focuses on connection, sharing music, and the joy of playing together. You will dive into familiar favourites and sprinkle in some exciting challenges with new, more complex songs to keep things interesting. Bring your ukulele & your love of music!

**Quilting with Bev | 1 – 3:30 pm, weekly on Tuesdays.**

Discover the joy of quilting while learning the basics of pattern selection, cutting, and sewing. Create a cushion, runner, throw, or wall hanging, and share ideas in a supportive group. Bring your own machine and kit if you are able; some materials will be provided. The classes will run on a per-term basis, with a **\$20 fee** to cover items such as batting.

**Waiata Māori with Kathy | 2 - 3 pm, second and fourth Tuesday of each month, during school term only, Tuesday 28 April.**

Experience the richness of Māori culture through waiata—songs that carry stories of ancestors, significant events, and deep values like aroha and whakapapa. In this class, you'll learn traditional waiata, explore te reo Māori, and connect with others through music. To make it even more special, we'll bring these songs to life with ukulele accompaniment. Join us to celebrate heritage, language, and community in a warm, welcoming space.

**Self Defence Workshop with Brie | 5:30 – 8:30 pm, on Tuesday 14 April.**

Join us for a practical, confidence-building self-defence workshop designed specifically for women. Learn simple, effective techniques to stay safe, build awareness, and trust your instincts—all in a supportive and empowering environment. No experience needed. Come along, strengthen your skills, and leave feeling more confident and capable. **\$10**

## Wednesdays | Rāapa

### **Kin Carers Connect with Leonie & Nga | 9 – 10:30 am, fortnightly, on Wednesday: 8 & 22 April.**

A welcoming space for grandparents raising grandchildren to share experiences, joys, and challenges with others who understand. Join Leonie & Nga and connect with a supportive community that reminds you: you are not alone on this journey.

### **Sewing with Georgina | 9:30 – 11:30 am, fortnightly, during the school term only, on Wednesday 22 April.**

Bring your own project—or start one here—and enjoy sewing in a friendly, supportive group. Work on cushions, curtains, clothing, and more. Welcome all skill levels. Bring your own machine if possible; some machines and materials are available. **This class is currently FULL.**

### **Essential Oils with Julie | 9:30 – 11:30 am, Wednesday 22 April.**

This month, the theme is Mother's Day. \$5 per roller.

### **Mums & Bubs – real life meetups with Naama | 9:30 – 11:30 am, series of 5 workshop, weekly on Wednesday, starting 29 April.**

A relaxed weekly meetup for mums and bubs - real, open, and easy to join.

Each session touches on one everyday part of life with a baby, with simple, practical ideas. Honest conversation, a bit of clarity, and space to just be - whether it's a good day or a hard one.

Topics covered in the 5 sessions will be:

- Why Is My Baby Crying? (And What Actually Helps)
- Breastfeeding – When It's Not Going Smoothly
- Our Birth Stories – the real version (not the Instagram one)
- Am I Doing This Wrong? - Dealing with maternal guilt
- Me, My Partner & This New Life – What's Happening to Our Relationship?

Come for the connection, the tools, or just to get out of the house. Facilitated by a childbirth educator and an experienced mum.

### **Introduction to Tarot reading with Sian | 10 – 11:30 am, weekly on Wednesday, starting 8 April.**

Learn how to read Tarot and start your spiritual journey with a crystal-clear vision. You will 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.

### **Beading Workshop with Kathy | 12 – 1:30 pm, on the fourth Wednesday of each month, 22 April.**

Join Kathy for a fun and relaxing jewellery-making workshop! This is a place to unwind, connect with others, and create beautiful, beaded jewellery in a welcoming environment. All materials are provided—just bring your creativity and enjoy making something special for yourself or a loved one. Come along and “just bead it” with us! A \$5 fee is asked to cover materials.

### **Bowen Therapy with Louise | 11 am – 1 pm, fortnightly, on Wednesday 1, 15 & 29 April.**

A gentle hands-on therapy that eases pain, tension, and fatigue while restoring balance to the body. Louise draws on extensive Bowen training and nursing experience to provide relief; even for chronic conditions such

as arthritis. A restorative path to feeling well again. Each appointment is 30 minutes long, with four appointments available on the scheduled days.

#### **Knitting Group with Carolyn | 12 – 1 pm, weekly on Wednesday.**

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

#### **Waiata Māori “GIG” with Kathy | 12:30 – 1:30 pm, on Wednesday 1 April.**

Settle in, relax, and enjoy the beautiful sounds of waiata Māori performed live. This is a welcoming space to listen, connect, and experience the warmth and wairua of the music—no need to participate or sing. Just come along, soak up the atmosphere, and be part of the kaupapa. Haere mai, everyone is welcome!

#### **Venus Sisterhood Circle with Nikki | 1:30 – 2:30 pm, weekly on Wednesday.**

A safe, sacred space for women of all journeys to connect, share, and be supported. With compassion and without judgment, we gather to lift one another up: raw, radiant, and real.

## **Thursdays | Rāpare**

#### **Financial Mentoring Clinic with Weave HB | 9:30 am – 12:30 pm monthly on the last Thursday of the month, 30 April.**

Free one-on-one support to build financial confidence and stability. Get practical help with budgeting, debt management, WINZ and IRD applications, and goal setting. Tailored mentoring empowers you to take clear steps toward financial wellbeing. Our Financial Mentoring Clinic takes place on the last Thursday of each month, with six 30-minute appointments available. **Registration is essential.**

#### **Sewing Classes with SuperSkills Heretaunga Mentor: Rosemary | 9:30 – 11:30 am, weekly on Thursday during school term only, from 23 April to 2 July.**

Whether you're a beginner or an experienced sewer, this class is the perfect place to learn, create, and connect. Rosemary will guide you through selecting a pattern and completing a project for the term. Some materials are provided, so just bring your enthusiasm and enjoy the process of making something beautiful together!

#### **‘Take it Easy’ Book Club with Patricia & Rae | 10:30 am – 12:30 pm, on the first and third Thursday of the month, on 2 & 16 April.**

A relaxed book club with no set reading, just shares what you've enjoyed, from novels to poetry. Come for the conversation, cuppa, and community. Borrow from or add to our book basket and enjoy occasional author visits.

**Special session on Thursday 16 April: Meet the Author!** Mary-Anne writes young adult and junior fiction books. She regularly visits schools around NZ, speaking to children of all ages as well as librarians and teachers, and offering workshops for young writers. Her books are a mix of contemporary young adult, drawn from the highs and lows of raising four sons, adventure and hunting stories, and chapter books for young readers. Mary-anne's books have been recognised four times by the NZ Storylines Children's Literature Trust's Notable Book Awards and in 2023 she was awarded a Spring Residency with the Michael King Writers Centre to write her latest book, "The Mess of Our Lives." **\$5**

### **Painting on Denim with Kathy | 12 – 1:30 pm, on Thursday 23 April.**

Bring along your favourite denim—jackets, jeans, or anything you'd love to refresh—and turn it into wearable art! We'll provide the paints, inspiration, and guidance; you bring the denim and your creative spirit. It's a fun, hands-on way to personalise your wardrobe and make something uniquely you. Perfect for all skill levels!

### **Lunchtime Meditation with Nicola | 12 – 1 pm, weekly on Thursday.**

Take a mindful pause with Lunchtime Meditation, an introductory course led by Nicola, to explore the basics of meditation and bring calm to your day.

### **Journaling Group with Jacqui | 12:30 – 2:30 pm, weekly on Thursday for 5 weeks, from 23 April until 21 May.**

Would you love to journal, or perhaps you already journal and are looking to kick start a regular practice? Research shows key benefits of journaling include decluttering your mind, boosting emotional health, self-awareness, and productivity. Over 5-weeks there will be the opportunity to explore different ways to journal and share ideas. Come to all 5 sessions or drop in.

Jacqui is a mindfulness/life coach, NLP master practitioner, and a published author who brings heart to the practice of journaling. Please bring a notebook/paper/device to record your thoughts and a positive mind.

### **Priceless: Unlock Your Creativity brought by Sharleen and with special guest Kate White | 1 – 2:30 pm, on Thursday 30 April.**

Ever wanted to get to know the landscape of your face? Are you brave enough to confront yourself in the mirror? Self-portraiture is an ancient art form capturing an enormous amount of character in the subject—even the unsaid stuff can be revealing. We will be using messy and unthreatening newsprint and charcoal and unlearning a lot about expectation! Come and see what it's all about in a workshop with local artist Kate White. **Please bring a small hand mirror with you. \$5**

## **Fridays | Rāmere**

### **'Take it Easy' Writing Group with Lynda & Tess | 10 am – 12 pm, weekly on Friday.**

Explore your creativity and express yourself through writing in a supportive group. With guided prompts and encouragement, you can journal, draft stories, or revisit old projects while connecting with other writers. Just bring a notebook, pen, and an open mind.

### **Cooking Class with a SuperSkills Mentor Caroline | 10:30 am – 12 pm, last Friday of the month, 24 April.**

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. The class is followed by a shared lunch for everyone to enjoy.

### **Shared Community Kōrero & Kai with the HWC Team | 12 – 1 pm, on the last Friday of each month, 24 April.**

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.

## **Saturdays | Rāhoroi**

### **'Your Own Yoga': Sat Chit Ananda (Yoga) with Shayla | 4 – 5:15 pm, Saturday 11 April.**

Explore seated and standing gentle stretching, floor-based Yin shapes followed by a guided meditation, nidra or soft music. The hour and a quarter are yours to unfold as you wish, in a space created just for you.

Shayla is passionate about personal development. Every minute of each day is an opportunity to reflect on and ensure we are all moving towards our personal best. Shalya practised Jin Shin Jyutsu, Qi Gong, Craniosacral Therapy, Pilates and, of course Yoga. Her offerings are a culmination of all her experiences. Her wish for participants is to experience moments of peace, movement and stillness for mind, body and spirit. **To register, email [paula@yourownyoga.co.nz](mailto:paula@yourownyoga.co.nz)** or visit Your Own Yoga's website for more details.

## Sundays | Rātapu

**'Your Own Yoga': Koha Yoga Session with Susy | 9:30 – 10:30 am, weekly on Sunday (note: no session on 5 & 26 April due to long weekends).**

Join Susy for a mindful and restorative yoga session at the Heretaunga Women's Centre. Held monthly on a Sunday, 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](mailto:paula@yourownyoga.co.nz)** or visit Your Own Yoga's website for more details.