

HWC PROGRAMME FOR MAY | HARATUA 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

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.

| Monthly theme – Mental Health Awareness. Promote mental wellbeing and reduce stigma around mental health. | | | | | | Pillar: Women's Health & Wellbeing |
|---|--|---|--|--|--|---|
| Monday Rāhina | Tuesday Rātū | Wednesday Rāapa | Thursday Rāpare | Friday Rāmere | Saturday Rāhoroi | Sunday Rātapu |
| | | | | 1 Life Coaching FULL 9:30 – 11:30 am 2 × 1 h appointment Writing Group 10 am – 12 pm | 2 | 3 |
| 4 Hallway Art: Monica Logan Art Therapy FULL 9:30 – 11:45 am 2 × 1 h appointment Gentle Mat Movement 10 – 11 am \$5 CanBead Workshop 10:30 – 12pm Neurodiverse Workshop: Stimming 1/3 5:30 – 7 pm | 5 Sewing for Experienced 9:30 – 11:30 am Your Own Yoga 9:30 – 10:30 am Housing Advocacy 10 am – 12 pm Ukulele for Beginners 12 – 12:45 pm Legal Clinic 12:30 – 1:30 pm 4 × 15 min appointment Ukulele for Experienced 1 – 2 pm Quilting 1 – 3:30 pm | 6 Kin Carers Connect 9 – 10:30 am Mums & Bubs 9:30 – 11:30 am Sewing FULL 9:30 – 11:30 am Intro to Tarot Reading 10 – 11:30 am Knitting Group 12 – 1 pm Venus Sisterhood Circle 1:30 – 2:30 pm | 7 Sewing for Beginners 9:30 – 11:30 am Book Club 10:30 am – 12:30 pm Journalling Group 12:30 – 2:30 pm | 8 Life Coaching FULL 9:30 – 11:30 am 2 × 1 h appointment Writing Group 10 am – 12 pm | 9 Spiral Support 11 am – 12 pm Sat Chit Ananda (Yoga) 4 – 5:15 pm | 10 Your Own Yoga: Koha Session 9:30 – 10:30 am Mother's Day |

| Monday Rāhina | Tuesday Rātū | Wednesday Rāapa | Thursday Rāpare | Friday Rāmere | Saturday Rāhoroi | Sunday Rātapu |
|---|--|--|---|---|--------------------|--|
| 11 Art Therapy FULL 9:30 – 11:45 am 2 × 1 h appointment Gentle Mat Movement 10 – 11 am \$5 Neurodiverse Workshop: Masking 5:30 – 7 pm 2/3 | 12 Sewing for Experienced 9:30 – 11:30 am Your Own Yoga: 9:30 – 10:30 am Health & Disability Clinic 9:30 – 10:30 am Cardmaking Workshop 10:30 am – 12:30 pm \$5 Ukulele for Beginners 12 – 12:45 pm Legal Clinic 12:30 – 1:30 pm 4 × 15 min appointment Ukulele for Experienced 1 – 2 pm Waiata Māori 2 – 3 pm Quilting 1 – 3:30 pm | 13 Essential Oils \$5/roller 9:30 – 11:30 am Mums & Bubs 9:30 – 11:30 am Intro to Tarot Reading 10 – 11:30 am Bowen Therapy 11 am – 1pm 4 × 30 min appointment Knitting Group 12 – 1 pm Venus Sisterhood Circle 1:30 – 2:30 pm | 14 Sewing for Beginners 9:30 – 11:30 am Journalling Group 12:30 – 2:30 pm Mosaic Workshop 1/3 12:30 – 2:30 pm \$45 | 15 Life Coaching FULL 9:30 – 11:30 am 2 × 1 h appointment Writing Group 10 am – 12 pm | 16 | 17 Your Own Yoga: Koha Session 9:30 – 10:30 am |

18-24 May: Youth Week: "Our Voices matter, we deserve to be heard |Taringa whakarongo! Ki te reo o ngā taiohi!"

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| 18 Art Therapy FULL 9:30 – 11:45 am 2 × 1 h appointment Reiki 10 am – 1:30 pm 3 × 1 h appointment Gentle Mat Movement 10 – 11 am \$5 Neurodiverse Workshop: Engagement for Learning 5:30 – 7 pm 3/3 | 19 Sewing for Experienced 9:30 – 11:30 am Your Own Yoga 9:30 – 10:30 am Ukulele for Beginners 12 – 12:45 pm Legal Clinic 12:30 – 1:30 pm 4 × 15 min appointment Ukulele for Experienced 1 – 2 pm Quilting 1 – 3:30 pm | 20 Kin Carers Connect 9 – 10:30 am Mums & Bubs 9:30 – 11:30 am Sewing FULL 9:30 – 11:30 am Intro to Tarot Reading 10 – 11:30 am Knitting Group 12 – 1 pm Venus Sisterhood Circle 1:30 – 2:30 pm | 21 Sewing for Beginners 9:30 – 11:30 am Book Club 10:30 am – 12:30 pm Lunchtime Meditation 12 – 1 pm Journalling Group 12:30 – 2:30 pm Mosaic Workshop 2/3 12:30 – 2:30 pm World Day of Cultural Diversity | 22 Life Coaching FULL 9:30 – 11:30 am 2 × 1 h appointment Writing Group 10 am – 12 pm | 23 Spiral Support 11 am – 12 pm | 24 Your Own Yoga: Koha Session 9:30 – 10:30 am |
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| <p>25 Art Therapy FULL 9:30 – 11:45 am 2 × 1 h appointment Reiki 10 am – 1:30 pm 3 × 1 h appointment Gentle Mat Movement 10 – 11 am \$5</p> | <p>26 Spouses as Carers 9 – 10:30 am Sewing for Experienced 9:30 – 11:30 am Your Own Yoga 9:30 – 10:30 am Ukulele for Beginners 12 – 12:45 pm Legal Clinic 12:30 – 1:30 pm 4 × 15 min appointment Ukulele for Experienced 1 – 2 pm Waiata Māori 2 – 3 pm Quilting 1 – 3:30 pm</p> | <p>27 Mums & Bubs 9:30 – 11:30 am Intro to Tarot Reading 10 – 11:30 am Bowen Therapy 11 am – 1pm 4 × 30 min appointment Knitting Group 12 – 1 pm Venus Sisterhood Circle 1:30 – 2:30 pm</p> | <p>28 Sewing for Beginners 9:30 – 11:30 am Financial Mentoring Clinic 9:30 am – 12:30 pm 6 × 30 min appointment Journalling Group 12:30 – 2:30 pm Priceless: Unlock Your Creativity 1 – 2:30 pm \$5</p> | <p>29 Writing Group 10 am – 12 pm Life Coaching FULL 9:30 – 11:30 am 2 × 1 h appointment Cooking Class 10:30 am – 12 pm Shared Lunch 12 – 1 pm</p> | <p>30</p> | <p>31 Your Own Yoga: Koha Session 9:30 – 10:30 am</p> |
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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.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 are 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: 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 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, Monday 18 & 25 May.

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.

CanBead Workshop | 10:30 – 12pm, Monday 4 May.

The CanBead workshop offers a calm, supportive space to slow down and connect through creative beading. This hands-on session gently supports wellbeing, mindfulness, and emotional regulation while creating something meaningful at your own pace.

Neurodiverse Workshop with Paula from Sensiscapes | 5:30 – 7 pm, first 3 Mondays of the month, 4, 11 & 18 May.

'We Need to Talk About... A workshop series to help you, help your Neurodivergent Teen' by Sensiscapes.

Presented by Paula, a specialist Outreach teacher, Sensiscapes Founder & Programme Facilitator.

This workshop is designed for educators, whanāu and all those supporting Neurodivergent rangatahi.

Tuesdays | Rātu

Spouses as Carers with Rochelle | 9 – 10:30 am, monthly on the last Tuesday of each month, 26 May.

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 provide a space to discuss feelings in a safe and supportive environment.

Health & Disability Clinic with Juliet from Nationwide Health & Disability Advocacy Service, Ngā Kaitautoko | 9:30 – 10:30 am, on the second Tuesday of the month, Tuesday 12 May.

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, 5 May.

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 12 May.

Get creative, learn new techniques, and connect over coffee and cake. A relaxed space to explore ideas, share laughs, and make cards your own way. This month's theme is: children's cards. 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. To listen: 104.7 FM

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 12 & 26 May.

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.

Wednesdays | Rāapa

Kin Carers Connect with Leonie & Nga | 9 – 10:30 am, fortnightly, on Wednesday: 6 & 20 May.

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.

Mums & bubs - real life meetups with Naama | 9:30 – 11:30 am, series of 5, Wednesday 29 April, 6, 13, 20 & 27 May

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 you can use. Honest conversation, a bit of clarity, and space to just be - whether it's a good day or a hard one. Come for the connection, the tools, or just to get out of the house.

Facilitated by Naama, a childbirth educator and an experienced mum.

Naama will cover the following topics:

- 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?

Sewing with Georgina | 9:30 – 11:30 am, fortnightly, during the school term only, on Wednesday 6 & 20 May.

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 13 May.

Explore the therapeutic benefits of DIY natural cleaning products. In a calm, supportive space, learn how to create simple, nourishing blends while supporting relaxation, self-care, and emotional wellbeing. \$5 per roller.

Introduction to Tarot reading with Sian | 10 – 11:30 am, weekly on Wednesday.

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.

Bowen Therapy with Louise | 11 am – 1 pm, fortnightly, on Wednesday 13 & 27 May.

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.

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, 28 May.

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 7 & 21 May.

A relaxed book club with no set reading, just sharing 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.

Lunchtime Meditation with Nicola | 12 – 1 pm, monthly on Thursday 21 May.

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.

Journalling 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.

Mosaic Workshop with Noeleen | 12:30 – 2:30 pm, series of 3, Thursday 14 & 21 May + 4 June.

Join us for a creative series of three Thursday sessions where you will design and make your own love heart-shaped mosaic. **\$45** for all 3 sessions, with all materials provided—just bring your creativity.

Returning attendees receive a discount, so come back and create again!

Priceless: Unlock Your Creativity brought by Sharleen and with special guest Kate White | 1 – 2:30 pm, on Thursday 28 May.

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, 29 May.

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.

Shared Community Kōrero & Kai with the HWC Team | 12 – 1 pm, on the last Friday of each month, 29 May.

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

Spiral Support with Lexie | 11 am – 12 pm, 2nd and 4th Saturday of each month, Saturday 9 & 23 May.

A peer support group for women who identify with stories of change, in response to a cancer journey. Connecting wahine in a safe space focused on the process of healing and new beginnings.

'Your Own Yoga': Sat Chit Ananda (Yoga) with Shayla | 4 – 5:15 pm, every second Saturday of the month, Saturday 9 May.

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** 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.

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** or visit Your Own Yoga's website for more details.