



Financial Mentoring

monthly on **Thursday**
27 August
6 appointments available
9:30 am - 12:30 pm



Book Club

on **Thursday**
6 & 20 August
10:30 am - 12:30 pm



Lunchtime Meditation

monthly on **Thursday**
20 August
12 - 1 pm



Spanish Class

on **Thursday**
1 - 2 pm



**Heretaunga
Women's
Centre**

AUGUST

HERE-TURI-KŌKĀ 2026 PROGRAMME



Writing Group

on **Friday**
7 & 21 August
10 am - 12 pm



Dynamic Flow Yoga

Friday 7, 14 & 28 August
10 am - 12 pm
\$5 pp



Free-Form Embroidery

on **Friday** 14 August
10 am - 12 pm
\$10 pp



Experience Compassion

on **Friday**
14 August
11 am - 12 pm

BRAVEKind

Women's Coaching

on **Friday**
7, 14 & 21 August
12 - 3:30 pm



**Cooking Class &
Shared Lunch**
last **Friday** of the month
28 August
10:30 am - 12 pm
12:30 - 1:30 pm



Homework Club

on **Friday**
3:30 - 4:30 pm



Spiral Support

fortnightly on **Saturday**
15 & 29 August
11 am - 12 pm

Connection

Wellness & Wellbeing

Personal Growth

Mentorship

Advocacy



**Heretaunga
Women's
Centre**

The HWC 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.

Cnr Eastbourne East & Russell Streets.
Opening Hours: 9 am – 4 pm, Mon – Fri.

To register:

T: (06) 878 5401 | C: 020 408 56695

Email: admin@hwc.nz



Art Therapy

weekly on **Monday**
9:30 - 10:30 am
or 10:45 - 11:45 am



Reiki

on **Monday**
10, 17, 24 & 31 August
3 appointments available
between 10 - 1:30 pm



Gentle Mat Movement

weekly on **Monday**
10 - 11 am
\$5 per session



Pain Clinic

weekly on **Monday**
10 am - 12 pm
7 - week course



Quilting

weekly on **Monday**
1 - 3:30 pm
\$20 per term



Heretaunga
Women's
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Spouses as Carers

monthly on **Tuesday**
25 August
9 - 10:30 am



Your Own Yoga

Tuesday & Sunday
9:30 - 10:30 am
To register, contact:
paula@yourownyoga.co.nz



Housing Advocacy

monthly on **Tuesday**
4 August
10 am - 12 pm



Cardmaking Workshop

monthly on **Tuesday**
11 August
10:30 am - 12:30 pm
\$5 per session



Waiata Māori

on **Tuesday**
11 & 25 August
11 am - 12 pm



Ukulele

weekly on **Tuesday**
Beginners: 12 - 12:45 pm
Experienced: 1 - 2 pm



Legal Clinic

weekly on **Tuesday**
15 min appointment
from 12:30 to 1:30 pm



Health/Wellbeing Coach

weekly on **Tuesday**
12:30 - 2 pm
5 - week course



KCC Coffee Group

fortnightly on **Wednesday**
12 & 26 August
9 - 10:30 am



Sewing

fortnightly on **Wednesday**
12 & 26 August
OR weekly on **Thursday**
9:30 - 11:30 am



Essential Oils

monthly on **Wednesday**
12 August
9:30 - 11:30 am
\$5 per roller



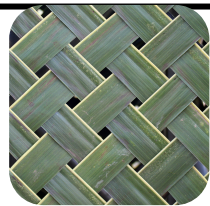
Mums & Bubs Real Life Meetups

weekly on **Wednesday**
9:30 - 11:30 am
*Register your Interest



Bowen Therapy

on **Wednesday**
5 & 19 August
30 min appointments
between 11 am - 1 pm



Raranga / Flax Weaving

5 sessions on
Wednesdays
Start: 26 August
12 - 2 pm



Knitting Group

weekly on **Wednesday**
12 - 1 pm



Beading Workshop

on **Wednesday**
26 August
12 - 1:30 pm
\$5 per session



Venus Sisterhood Circle

weekly on **Wednesday**
1:30 - 2:30 pm

P.T.O for more

