

# #MeToo

## Community Forum

The global movement to eliminate sexual harassment and assault has taken firm hold in Aotearoa. What does #MeToo look like for women in our country, particularly Māori, disabled and migrant women?

How can #MeToo move from social campaign to social change?

How does the #MeToo movement fit with the Government's work and plans on sexual violence?

And more!

Speakers:

- **Dr Huhana Hickey** – indigeneity, disability, law and human rights expert
- **Jan Logie** - Parliamentary Undersecretary to the Minister of Justice, with a focus on domestic and sexual violence issues
- **Alison Mau** - broadcaster and journalist who has launched a #metoo NZ sexual harassment investigation
- **Mengzhu Fu** - Shakti Youth – empowering young people from diverse Asian, African and Middle Eastern backgrounds in Aotearoa

All genders welcome. RSVP to [info@womens.org.nz](mailto:info@womens.org.nz)

**Tues 29 May 7.00pm-9.00pm \$0-\$20**  
**Western Springs Community Garden Hall**  
**956 Great North Road, Western Springs**

## How do I enrol?

Bookings are essential for most of our courses/workshops and enrolments are confirmed on payment of course fee.

Some fees are on a sliding scale, with students and beneficiaries paying the lowest amount.

Enrolments can be made by contacting us via phone, email or website.

Payment can be made by:

- Dropping by with cash or a cheque
- Posting a cheque to our PO Box
- Internet banking: account # 12 3012 0782605 00
- Credit card when enrolling through our website

Payment is due seven days prior to course commencement. Fees are not refunded if you withdraw within five working days of commencement. Withdrawals prior to five days attract a 75% refund.

### We gratefully acknowledge the support of

Akarana Community Trust, ANZ Staff Foundation, Creative Communities Scheme, Blue Sky Community Trust, Community Organisation Grants Scheme, Dragon Community Trust Ltd, First Sovereign Trust, Foundation North, Four Winds Foundation Ltd, GABA Charitable Trust, Infinity Foundation, John Ilott Charitable Trust, Lion Foundation, Maurice Paykel Charitable Trust, Milestone Foundation, New Zealand Community Trust, New Zealand Lottery Grants Board, New Zealand Post, North and South Trust, Pub Charity, Rule Foundation, Sir John Logan Campbell Residuary Estate, The Trusts Community Foundation, Trillian Trust and Auckland Council Community Group Assistance Fund and Waitemata Local Board.



Auckland  
**Women's  
Centre**

**Te Rōpū Wāhine o Tāmaki Makaurau**

Facilitating empowerment and  
well-being for women

**Autumn @ AWC**  
**Term 2 2018**

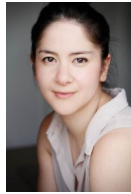
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[www.awc.org.nz](http://www.awc.org.nz)



# Classes

## Drama and Story telling Youth Workshop (13-26)

*Alice Canton*



An opportunity for young women to learn new skills, connect, and share their stories through performance. Participants will be introduced to the fundamentals of theatre-making and storytelling. Through exercises and games we will find our voice and move our bodies, using improvisation, text, movement and gesture. You do not need any prior performance experience. This is a safe and supportive environment where you can be your authentic self. A two day workshop for young women. (2 days)

**Sat 5 May 10.00am-4.00pm \$20**  
**Sun 6 May 10.00am-4.00pm**

## Memoir Writing

*Maria de Jong*



For some memoir writing can be an empowering, therapeutic experience, giving opportunity to tell their story. For others, it can be an enjoyable and reflective process, and an outlet for creativity. This course will provide intellectual stimulation and an opportunity to improve your writing and literacy skills. Find your voice, your unique writing style and begin writing your memoir. Those writing their family histories will also find this course relevant. (7 wks)

**Mon 7 May-18 June 7.00pm-9.00pm \$70-\$140**

## Aroha Dance

*Rosanna Marks*

A fusion of two modalities, Belly dancing and yoga. Learn about body awareness through honouring, & beautiful Bellydance routines and rituals. These classes are for all women; all ages, sizes and shapes. (6 wks) For more info contact Rosanna:

p: 0800mindbody e: info@arohahealing.co.nz  
**Fri 11 May-15 June 6.00pm-7.00pm \$10 per class**  
**Beneficiaries and low income earners \$5 per class**



# Classes

## CV and Job Interview Skills *Wendy Rowe*



This workshop is aimed at helping women identify their transferable skills, produce a marketable CV, prepare for job interviews, and build their confidence to achieve their potential. Whether you are re-entering the job market, creating a CV for the first time, or want to take the next step, this is a new workshop created just for you. (1/2 day)

**Sat 19 May 9.30am-1.00pm \$20-\$60**

## Get Knitting

*Barbara Woodman*

Traditional skills for today's creative woman. Come and learn to knit and create your own projects. Even if you have never tried knitting before, the teaching will start with the basic stitches, understanding how knitting works, following patterns and fixing mistakes and each week you will increase your skills. (7 wks)



**Tues 15 May-26 June 6.00pm-8.00pm \$70-\$140**

## Regenerative Yoga

*Simone Bonny*



Open to all women, any age, health, size and physical capability. Small classes taught in a relaxed, friendly, environment with careful adaptation of postures to suit individual needs. Please discuss with Simone if you have any serious health issues or injuries at time of booking.

To book or for further info contact Simone on:

p: 021 776 119 e: sbonnyyoga@gmail.com

**Every Tues 9.30am-10.45am**

**\$150 for a 10 class concession card or attend week-by-week for a casual rate of \$18 per class**

## Coming up in Term 3:

- Beginners Te Reo Māori and Tikanga Māori
- Women's Self Defence
- Amazing Assertiveness for Women

# Activities

## Feminist Action *Katherine and Caryn* For a just and co-operative society

A dynamic group of women from diverse feminist persuasions. Discuss topical issues, learn about feminism together, plan manageable local actions and join in larger activities happening around Auckland. (Monthly)



For more info contact:

aucklandfeministaction@gmail.com

**First Wed of month 7.00pm-9.00pm FREE**

## Rainbow Women's Social Night *Ellie Lim*



Join us for some good old fashioned fun, board games and DVDs on alternating months. Lesbian, Queer, Bi, Takatāpui and Trans women are welcome. (Monthly) For info on what we'll be screening/playing, contact

Ellie: p: 376 3227 x 1

e: info@womensz.org.nz

**Last Wed of month 7.00pm-9.30pm \$1-\$5**

# Support Groups

## Single Mums on Sunday

*For single mums by single mums*

*Facilitated by Leonie Morris*

This is a friendly and relaxed afternoon in a supportive and non-judgemental space for single mums with children under 5 years. We often have giveaways for families. (Monthly) For more details contact Leonie:

e: akcentre@womensz.org.nz  
**Last Sun of the month 12.30pm-3.00pm FREE**

