

FAMILY RELATIONSHIPS

Creating a healthy family environment

MONDAY : 10.00 – 12.00

START: 27 July - 14 September

(8 weeks)

@ Women's Centre Waitakere
111 McLeod Rd
Te Atatu South



WHAT THE COURSE COVERS:

- What helps to create a healthy family environment
- Exploring beliefs & values
- How to strengthen families
- How to strengthen relationships
- Love languages
- Learn how to form trusting relationships
- What behaviours & attitudes hold you back

BELIEVE IN YOURSELF

Building Self-esteem



WEDNESDAY: 10.00 – 12.00

START: 22 July – 9 September

(8 weeks)

In collaboration with
Dayspring Trust
@ 2 Seabrook Ave
New Lynn

-WHAT THE COURSE COVERS:

- What is self-esteem
- Developing self-esteem
- Identify unhealthy patterns within relationships
- Learn how to positively view yourself
- Learn how to believe in your own strength when facing challenges
- Life Balance

ASSERTIVE COMMUNICATION

Would you like to be more confident, positive and effective in your communication with others?

FRIDAY: 10.00—12.00

START: 31 July - 21 August

(4 weeks)

@ Women's Centre Waitakere
111 McLeod Rd
Te Atatu South



WHAT THE COURSE COVERS:

- Learn about different styles of Communication
- Learn assertiveness skills
- How do you set healthy boundaries when communicating?
- What is a Drama Triangle?
- Learn healthier ways of expressing yourself in relationships

Other Services

Drop-in and Telephone Support

A safe and supportive place for women
Confidential support and a Listening ear
Information and resources
Open 9.00 a.m. – 2.00 p.m. Monday to Friday

Women's Library

Books include topics on women's health & wellbeing, self-development, parenting, abuse, self-esteem, feminism and more

Counselling

Confidential and safe individual sessions.
Limit of six sessions by appointment only

Massage

Relaxing massage for women by a woman practitioner. Sliding scale for fees from:
\$20 to \$40 depending on income
Monday morning by appointment only

Friendship Group

For women wanting to meet others for coffee, conversations, outings, guest speakers.

Wednesday afternoon 12.30 – 2.30

CONTACT US:

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www.womenscentre.org.nz

Facebook us:

Women's Centre Waitakere

All Courses are:

Weekly Gold Coin donation

Crèche: Available on request

Registration Essential!!



Women's Centre Waitakere



*Empowering Women,
Promoting family wellbeing and
community belonging*

TERM 3 2015

Open: 9.00 a.m. – 2.00 p.m.
Monday to Friday

