



Women's Centre Waitakere

COURSES FOR WOMEN

TERM 3, 2014 (JULY—SEPTEMBER)

ASSERTIVE COMMUNICATION

Making changes for healthier ways of relating

MONDAY: 10.00—12.00

START: 11th August - 1 September
(4 weeks)

@ Women's Centre Waitakere



WHAT THE COURSE COVERS:

- Styles of Communication
- Belief systems that support
- Assertiveness skills
- Boundaries & limit setting
- Drama triangle
- Strategies for effective communication
- Advance win-win outcomes
- Healthier ways of expressing yourself in relationships

TAI CHI QI GONG IN 18 MOVEMENTS

Tuesday: 10.00— 11.00

START: 5th August to 19th Sept
(6 weeks)

@ Womens Centre Waitakere



Course Costs:

Weekly Gold Coin donation

Crèche: Available on request

Registration Essential!!

KNOWING YOURSELF

Rebuilding Self-esteem



WEDNESDAY: 10.00 – 12.00

START: 30 July - 17th Sept
(8 weeks)

@ Dayspring Trust
2 Seabrook Ave
New Lynn

WHAT THE COURSE COVERS:

- *What is self-esteem*
- *Developing self-esteem*
- *Parent, adult & child ego states*
- *Drama triangle - unhealthy patterns of interactions within relationships*
- *Alternative triangle – stepping out of the drama triangle*
- *Challenging destructive childhood messages perceived as truth*
- *Explore Life positions – how these influence our view of self and life*
- *What happens when our basic human needs are met/ not met*
- *Life Balance*

CONTACT US:

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Facebook us:

Women's Centre Waitakere

FAMILY RELATIONSHIPS

Creating a healthy family environment

FRIDAY : 10.00 – 12.00

START: 1 August – 19 Sept
(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*
- *Attachment*
- *What behaviours & attitudes get in the way*

FRIENDSHIP GROUP

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

Wednesday afternoon
12.30-2.30

@ Womens Centre Waitakere

