



## 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:**

111 McLeod Rd, Te Atatu South

Tel: (09)838 6381  
Mob: 021 196 6367

Email: [info@womenscentre.org.nz](mailto:info@womenscentre.org.nz)

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

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

