



Women's Centre Waitakere

COURSES FOR WOMEN

TERM 2, 2015 (APRIL— JUNE)

THE JOURNEY OF THE BUTTERFLY COURSE

(Supporting Women to break the cycle of violence)



MONDAY 10.00 – 12.00

START: 4 May - 29 June

(8 weeks) excluding Queen's birthday

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

WHAT THE COURSE COVERS:

- Understanding family violence
- Naming the abuse
- Healthy & unhealthy relationships
- Controlling tactics and how to respond
- Why women stay in violent relationships
- Impact of family violence on children
- Boundaries
- Creating a new 'landscape' for self and children, rediscover self
- Build support networks and not feel alone
- Self-care

TAI CHI QI GONG IN 18 MOVEMENTS

Tuesday: 10.00— 11.00

@ St John's hall
Edmonton Rd
Te Atatu South

START: 28 April - 30 June

(10 weeks)



THE ICEBERG

(Understanding and Managing your Anger)



WEDNESDAY 10.00 – 12.00

START: 29 APRIL - 17 JUNE

(8 weeks)

In collaboration with
Dayspring Trust
Venue: 2 Seabrook Ave
New Lynn

WHAT THE COURSE COVERS:

- What is Anger? Is it normal?
- What is underneath our anger?
- Styles of anger
- Anger payoffs
- Dealing with ours and others' anger
- Strategies to manage anger and have different outcomes
- Self-care

CONTACT US:

111 McLeod Rd, Te Atatu South

Tel: (09) 838 6381

Mob: 021 196 6367

Email: info@womenscentre.org.nz

www.womenscentre.org.nz

Facebook us:

Women's Centre Waitakere

All Courses are:

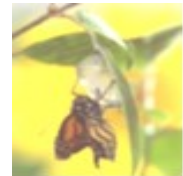
Weekly Gold Coin donation

Crèche: Available on request

Registration Essential!!

PERSONALITY TYPE

(Define/Identify your Personality)



FRIDAY: 10.00 – 1.00

START: 15 & 22 MAY

(2 weeks)

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111 McLeod Rd
Te Atatu South

WHAT THE COURSE COVERS:

- Learn about your personality type
- Communication Style
- Responses to Conflict
- Unhealthy Personality Behaviours

LOVE LANGUAGES

(Identify your love language)



FRIDAY: 10.00 – 1.00

START: 12 & 19 JUNE

(2 Weeks)

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111 McLeod Rd
Te Atatu South

WHAT THE COURSE COVERS

Learn self-care using the 5 love languages

- Words of Affirmation
- Quality Time
- Receiving Gifts
- Acts of Service
- Physical Touch
- Understand how this influences your Relationships & your need for self care