



Contact Us



0800 4294 674 (0800 ICWG ORG)



admin@icwg.org.nz



innercitywomensgroup.org.nz



Facebook: Inner City Women's Group | Auckland

Instagram: @innercitywomensgroupnz

Reclaiming Myself

Assertiveness,
communication and
life skills

Purpose

Women empowering women to be free from family violence.

Values

Mana wāhine
Empowering all women.
Mana motuhake
Control over one's own destiny.
Pono
Respect.
Whanaungatanga
Connection through shared experiences.

QR Code

SCAN ME



About the Programme

Purpose

This programme is focused on guiding you on a journey of self-discovery. Who you are, where your beliefs and patterns stem from and how these impact on current life experiences. The programme will support you to develop new ways of being in the world by teaching you skills, understandings and ways to communicate.

Content

- Self-care
- Exploring past patterns
- Understanding family and social roles
- Developing healthy boundaries
- Improving self-esteem
- Assertiveness and communication
- Constructive and destructive anger
- Combining love and power
- Celebrating your journey and moving forward

Outcomes

The confidence, assertiveness, communication skills and improved self-esteem you will develop throughout this programme will help in assisting you to learn new ways of being, behaving and enjoying life.

More Details

Duration

EIGHT WEEKS

Times

MORNING, AFTERNOON OR EVENING
(MONDAY TO FRIDAY)

Locations

GREY LYNN
PAPATOETOE

Donations

All donations are welcome. These support us to continue delivering services for women.

ICWG offers flexibility on times, locations and group sizes for our programmes. Call us to discuss your options!

Other Programmes

- Breaking the Cycle
- IRATE - Women and Anger
- Between Mother and Child
- PAVE (self-referrals unavailable)