




**dance & arts  
therapy nz**  
moving creatively together

**Term 4, 2024 News**




*Kia ora Lisa,*

*As the days grow longer and the weather warms up, we're excited to bring you the latest updates from Dance and Arts Therapy NZ!*

 *Exciting Announcements:*

*- Our Dance 4 Us programme is expanding! We're thrilled to launch in Te Awamutu starting Term 1, 2025.*

*- We're teaming up with Hit Dance Studio for their vibrant Hit Summer Jam Festival Vol. 2!*

 *Milestones and Highlights:*


*- Our therapy teams are proudly sporting new branded T-shirts.*

*- Our General Manager took a leap of faith - literally - by jumping off a building for a great cause!*

*- A huge thank you to LivDance for their support.*

*- Celebrations are in order as our General Manager and Executive Director graduated from Te Kaa, supported by Foundation North and Maurea.*

*- Our 2023-2024 Annual Report is now available - check it out!*

 *Get Involved:*

*- We're looking for a passionate individual to join our Advisory Board.*

*- Giving just got easier! Our new donation page is live and ready for your support.*

 *Holiday Closure:*

*We'll be taking a break for the summer holidays from Friday, 20 December, and will reopen on Monday, 13 January 2025.*

*Thank you to everyone who has supported us this year - our clients, funders, donators, collaborators, and community. Your aroha keeps us going! ❤️*

*Here's to more growth, connection, and meaningful mahi in 2025! 🌟*

*Ngā mihi nui,*

*The team at DTNZ*

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## **NEW Dance 4 Us in Te Awamutu!**



At the start of Term 1 in 2025, we are introducing "Dance 4 Us Te Awamutu" a new weekly dance therapy group.

Dance 4 Us Te Awamutu will run weekly starting on the 11 of February and run until the 1st of April for Term 1, then will commence again in Term 2.

**Term 1 Dates:** 11 February - 1 April 2025

**Day and Times:** Tuesdays from 10:00 AM to 11:00 AM

**Location:** Te Awamutu Church, 261 Bank Street, Te Awamutu 3800

This is a dynamic dance movement therapy group open to people aged 15 years and older with an intellectual and/or physical disability.

Our therapists help clients find movement, creativity, and self-expression to aid social connection. Carers and whānau are welcome to join. Sessions take place weekly and you need a gold coin donation and comfortable clothes.

For further information, please email [clients@dancetherapy.co.nz](mailto:clients@dancetherapy.co.nz). Let's work together to spread the word and dance for a healthier, happier community!

**Hit Summer Jam Festival Vol.2**



🇳🇿 Tickets Are LIVE for Hit Summer Jam Festival Vol. 2! 🇳🇿

Hosted by [Hit Dance Studios](#)

🌟 Don't Miss Out! 🌟

📅 14-15 December | 🗣️ A celebration of movement, art, and giving back


🌟 Why You'll Love This Festival:


- Support **DTNZ** and help others heal through dance and art therapy
- Enjoy pop-up classes with Auckland's best dancers 🇳🇿 🇳🇿

- Be inspired by student performances, exciting raffles, and a dinner to remember

 **Ticket Options:**

- 1 class + entry: **\$25**
- 2 classes + entry: **\$39**
- 3 classes + entry: **\$55**
- 4 classes + entry: **\$79**
- **All-inclusive Jam Pass: \$89**
- Visitor entry: **\$10**

 **Limited spots available!** Secure yours today and join us for an unforgettable experience.

 Get your tickets NOW

– <https://docs.google.com/forms/d/e/1FAIpQLSedszm2OoQeu8UgvlFtCxttV09p7PcDEY7CSCT09nSWeJGVw/viewform>

**New T-Shirts for the DNTZ team!**



**We Started Off Term 4 in Style with Our New Branded T-Shirts! 🍀 ✨**

Our Drop-In and Specialty groups kicked off Term 4 with a fresh new look as we proudly debuted our branded T-shirts! It was fantastic to start the term together, and we're excited for all the great moments ahead. 💙

**Drop Your Boss to support the Graeme Dingle Foundation!**



It was an exhilarating experience seeing local leaders including our very own general manager take a leap of faith - literally - while raising awareness and funds for youth development. We're so proud to back such an impactful cause that empowers tamariki and rangatahi to realize their full potential. 🙌🌟

**We Were Thrilled to Have LivDance Join Us in Raising Awareness of Our Mahi Across Aotearoa!**





LivDance supported us through their show, *Dance the Night Away*, on the 2nd of November! 🎉 For every donation, LivDance generously matched with an additional \$5!

LivDance is a studio in Birkenhead, Auckland.

For information on LivDance, their classes or any other enquires please email [contact@livdance.co.nz](mailto:contact@livdance.co.nz) or check out their website on <https://www.livdance.co.nz/>

**We're Thrilled to Announce Our Te Kaa Graduates!**



Thanks to the generous support from Foundation North and Maurea, our director, Anaia Treefoot, and our general manager, Bonnie O'Neill, are now proud Te Kaa graduates! 🎓 ✨

We're so grateful for this opportunity to deepen our knowledge and connection.

Ngā mihi nui ki Foundation North mō tō rātou tautoko nui. Ka nui te koa ki te whai wāhi ki tēnei angitu. 🎉 🎓



**Our Annual Report for 2023 - 2024**



Our Annual Report is now available, showcasing the incredible impact we've achieved together.

Take a look to see how your support has fueled our growth and success in building a more inclusive, empowering future for all.

Dive into the full report and celebrate our journey in making a difference across our community!

### Join Dance Therapy NZ as Treasurer/Advisory Board Member



### Join Dance Therapy NZ as Treasurer/Advisory Board Member

#### About the Role:

We're seeking a Treasurer/Advisory Board Member to support our growing organization dedicated to the wellbeing of children, youth, families, and adults across Aotearoa. This role requires finance or accounting expertise to provide strategic financial guidance, oversee monthly financial reporting, assist with audit requirements, and advise on financial matters.

The board meets in Auckland six times a year for 90 minutes, but this role can be based anywhere in NZ.

To Apply:

Email Anaia Treefoot at [anaia@dancetherapy.co.nz](mailto:anaia@dancetherapy.co.nz).

## Introducing Our New Donation Page!

# Dance & Arts Therapy NZ

Since 2013, Dance Therapy New Zealand has been a pioneer in creative arts therapy, though the field itself dates back to the 1940s in the U.S. and Europe. As a charity, we offer dance movement therapy and creative art therapy nationwide, including in Auckland, Christchurch, Whanganui, Hamilton, Wellington, and Dunedin. Our expert therapists support individuals across various needs, including disabilities, mental illness, and survivors of abuse.

The growing demand for our services highlights the importance of charitable support. Friends of DTNZ is a regular giving initiative that helps empower our deserving clients. Your donation means we can offer group and individual therapy programmes throughout the country – now and in the future.

Here's how a regular contribution helps over the course of 12 months:

The screenshot shows a donation interface with a progress indicator at the top (three circles, the first is filled). Below it are two buttons: 'One-time' and 'Monthly' (which is selected and highlighted in green with a red heart icon). A red callout box below the buttons says 'Giving monthly has a greater impact'. Below this are five buttons for donation amounts: '\$5', '\$10', '\$20', '\$30', and '\$50'. At the bottom is a text input field with a dollar sign icon and the placeholder text 'Enter custom amount'.

You may have spotted our new donation QR codes in our drop-in sessions this term. We're excited to announce the launch of our updated donation page, making it easier than ever to support our work.

Visit the page at [Dance and Arts Therapy NZ Donations](#) to learn more and contribute directly. Every donation helps us make a difference - thank you for your support!

## Summer Holiday Closedown Period



The DTNZ office team will be taking a customary summer break over the Christmas/New Year period.

Our office will **close on Friday 20 December 2024** and **re-open on Monday 13 January 2025**.

If we can help you with anything before then, please let us know.

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**As always, we are grateful to our supporters for their generosity**



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**Our mailing address is:**

Dance & Arts Therapy NZ  
PO Box 13847  
Onehunga  
Auckland, Ak 1643

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