



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

Term 1, 2025 News



Kia ora Lisa,

Welcome to 2025!

We hope you've all had a restful and joyful holiday season. With a fresh new year ahead, we're excited to jump into another incredible year of dance, creativity, and community.

*This edition of our newsletter is packed with exciting updates, including the launch of our **STARS workshops**, the launch of **Pride Moves** during Auckland Pride, and our participation in **Big Gay Out 2025**.*

*We'll also be sharing information on our team attending **Mental Health First Aid Training**, our expansion of **Dance 4 Us to Oamaru**, and the important work we're doing in **schools**.*

Thank you for being part of our journey - we can't wait to see what 2025 brings!

Ngā mihi nui,

The team at DTNZ

DTNZ presents STARS!



🌟 STARS – Inclusive Dance Workshops for Tamariki & Rangatahi! 🌟

DTNZ is excited to relaunch **STARS**, a fun and inclusive dance movement workshop designed for tamariki and rangatahi with disabilities.

Led by experienced dance movement therapists, STARS provides a supportive and creative space where young people can express themselves, build confidence, and experience the joy of movement!

These workshops runs in **North, South, East, and Central Auckland** with **up to 10 participants per group**, ensuring a safe and engaging experience.

Each term consists of **8 sessions**, with a fee of **\$165+ GST (IF funding accepted)**.

📍 STARS Locations & Schedule:

🌟 **Pakuranga & Oranga** – Thursdays, 6:30 PM - 7:30 PM (Ages 10-24)

🌟 **Manukau** – Tuesdays, 6:30 PM - 7:30 PM (Ages 10-24)

🌟 **North Shore** – Saturdays, 9:45 AM - 10:45 AM (Ages 6-12) & 11:15 AM - 12:15 PM (Ages 10-24)

🌟 **Central** – Wednesdays, 3:45 PM - 4:45 PM (Ages 6-12)

📅 Term Dates:

T2: May - June | T3: July - September | T4: October - December

Limited spots available!

🔗 **Register now!** Email clients@dancetherapy.co.nz or visit www.dancetherapy.co.nz for more details!



STARS LOCATIONS



For more information, contact us at clients@dancetherapy.co.nz or visit our website at www.dancetherapy.co.nz

STARS Pakuranga

Time: Thursdays, 6:30pm - 7:30pm

Dates: T2: 8 May - 26 June; T3: 24 July - 11 Sept; T4: 16 Oct - 4 Dec

Ages: 10 - 24 years

STARS Manukau

Time: Tuesdays, 6:30pm - 7:30pm

Date: T2: 6 May - 24 June; T3: 22 July - 9 Sept; T4: 14 Oct - 2 Dec

Ages: 10 - 24 years

STARS Oranga

Time: Thursdays, 6:30pm - 7:30pm

Dates: T2: 8 May - 26 June; T3: 24 July - 11 Sept; T4: 16 Oct - 4 Dec

Ages: 10 - 24 years

STARS North Shore

Times:

1. Saturdays, 9:45am - 10:45am (6-12 years)

2. Saturdays 11:15-12:15pm (10-24 years)

Dates: 3 May - 28 June; T3: 19 July - 6 Sept; T4: 11 Oct - 29 Nov

STARS Central

Time: Wednesdays, 3:45pm - 4:45pm

Dates: T2: 7 May - 25 June; T3: 23 July - 10 Sept; T4: 15 Oct - 3 Dec

Ages: 6 - 12 years



Pride Moves as part of Auckland Pride



We are thrilled to share the success of **Pride Moves**, our creative and inclusive workshop event held on **February 22nd** as part of **Auckland Pride!**

This special initiative provided a **free drop-in space** for the LGBTQIA+ community to experience **Creative Arts Therapy and Dance Movement Therapy**, fostering self-expression, connection, and joy.

Led by the incredible **Sergio Dantas**, the session encouraged participants to explore movement and creativity in a safe and welcoming environment. It was amazing to see so many people come together to celebrate identity and well-being through dance and artistic expression.

A huge thank you to everyone who joined us and made this event so special.

We look forward to bringing more opportunities like this to our community in the future!

Dance 4 Us Oamaru is Here!



We are thrilled to announce the launch of **Dance 4 Us Oamaru!** 🌈

📅 **When:** Wednesdays, 10:30 AM – 11:30 AM

📍 **Where:** The Salvation Army Oamaru

📅 **First session of Term 1:** 12 February 2025

We can't wait to see the Oamaru community embrace this opportunity to experience the joy of movement.

Spread the word, invite your friends, and join us for a fun and inclusive dance experience!

For more details, visit www.dancetherapy.co.nz

DTNZ attended Big Gay Out 2025



On February 16, we at DTNZ were thrilled to be a part of the **Big Gay Out** in Auckland! 🌈

It was an incredible experience to connect with so many vibrant, diverse, and wonderful people, all coming together to celebrate love, inclusivity, and equality.



We are proud to have supported such a powerful event that aligns with our core values - **embracing diversity and creating safe spaces** for everyone to express themselves freely.

Seeing the community come together with so much joy and energy was truly inspiring!

A huge thank you to the organizers and everyone who made this event so special – **we can't wait to be part of it again next year!** 🙌 ✨

Mental Health First Aid Training with Hana Counselling



We are absolutely delighted that Hana Counselling and Education took the time to deliver the **Mental Health First Aid course through Te Pou** for our therapists! 🌞

This training was an invaluable opportunity to **connect, learn, and grow together**.

A **huge thank you** to Hana Counselling for your dedication to **empowering our practice** and making a lasting positive impact.

Your expertise and passion are truly appreciated! ❤️

Executive Director's Waikato Visit – Growing DTNZ's Reach



Our Executive Director, Anaia Treefoot, visited Waikato in February to build connections. She met with Deputy Mayor Angela O'Leary, Waikato's new Creative

Ambassador, who was supportive of our work and plans to invite us to a future creative hui.

Anaia also connected with Sport Waikato, exploring ways to bring more inclusive movement programmes to local communities.

While there, she attended the successful launch of **Dance 4 Us Youth Te Awamutu**, which had an incredible turnout! It was a fantastic start, and we're excited to see this group grow.

DTNZ's work in Schools



In Term 1, we began a 13 schools outreach programme with Central Auckland Specialist Schools. This initiative spans one term per school and will be delivered across all four school terms, offering a year-long focus on holistic wellbeing and the transformative power of dance movement therapy.

These programmes also have a "Teach the Teacher" initiative. This aspect of the programme aims to equip teachers with valuable dance movement therapy skills and knowledge to incorporate into their ongoing work with students.

Donate to DTNZ!



Your donation helps us continue making a difference in the lives of those we support.

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!

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



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