



NELSON WOMEN'S CENTRE  
TE WHARE AWHINA MO NGA WAHINE PUAWAI

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## Newsletter April 2018

Tena koutou. Autumn has established itself in Nelson and the days are getting shorter. We have had a few frosty days to hint at what's to come. The Nelson Women's Centre is a great place to spend some time out of the elements - you can make yourself a toasty mug of tea and sit by the fire (yes, we've had to start it once already).

We have quite a big schedule of workshops this term - there is certainly something for everyone. We are also very excited to have Lynn Crossland teach a styling workshop as a fundraiser for the Centre. Along with the great styling tips there will also be a raffle with some really good prizes. Book in quick! More details below.

We look forward to seeing you at the Centre soon. Ngā mihi.



## Workshops and Courses at the Centre

We have some great workshops running from the 8th of May to the 12th of June including several art classes - pouring medium with acrylic inks, origami gift boxes, the Women's Suffrage 125 Art Project and a wall-hanging creation using Paverpol. There is also another ukulele course, a creative writing course with new exercises, a legal workshop the covers care of children and welfare law and natural face care and make-up workshop run by trained beautician Anna Marie Sinclair

### **Workshops for Mind & Body**

There are some great classes for mind and body exploration - Tension and Trauma release exercises (TRE) with Patricia Greenhough, meditation with Kindra Douglass, four weeks of relaxation techniques with Diane Clarke, chair yin yoga and a further grow yourself workshop with Victoria Moore.

Please [contact the Centre](#) by phoning 546 7986 or email [nnwomenscentre@ts.co.nz](mailto:nnwomenscentre@ts.co.nz) with any queries or to book.

### **Style Coaching Workshop Fundraiser**

We have an exciting workshop on offer this term - Lynn Crossland of Renaissance Style Coaching will deliver a two hour workshop on styling. Come and learn which styles from this season's collection will flatter and enhance your body shape, making you look and feel confident and fabulous. This workshop is \$20 per person, with all funds going directly to the upkeep of the Centre. This is a very generous offer from Lynn and we know that you'll enjoy the workshop. There will also be a raffle with some great prizes. There will be clothes for sale from the Centre's opshop.

Thursday 17th of May 12.30 - 2.30 at the ACC rooms.

Contact the Centre to book your spot.

546 7986 or email [nnwomenscentre@ts.co.nz](mailto:nnwomenscentre@ts.co.nz)

### **Healing Sessions**

Regular healing sessions at the Centre are carried out by kind volunteers whose desire it is to share their knowledge and contribute to the Centre. All sessions are by donation.

**Holistic pulsing** sessions with Rona Spencer every Monday  
Session are: 10.30, 11.30 and 1 pm. Booking essential: Ph 546 7986

**Pathways to Power & Creativity -**  
*only a couple of spaces left!*

This fantastic 8-week course with Kindra Douglas will start on Tuesday 1st May 12.45-2.45pm. For more information on this popular women's growth group and to book, please ring Ruth at Nelson Women's Support on 546 8441, or email [nws@ts.co.nz](mailto:nws@ts.co.nz)

**MoneyMates - limited spaces!**

Exciting new 4-week course will help you to get the most "bang for your buck". Learn how to stop living from payday to payday. This course is for you whether you simply want to learn more about money or experiencing financial hardship. Receive three free booklets: cheap, easy to follow recipes, how to make household cleaning products, and a personal financial planning workbook. Course is offered by Te Korowai Trust; by donation

Our opshop needs some cosy, warm, good quality winter clothes. Can you donate something? We would appreciate any donation large and small to keep the opshop stocked over the winter months.

**Workshop fees & Membership**

The Workshop fees are \$7 or only \$5 if you are a member of the Centre. Membership is \$10 per year and is a great contributor to the ongoing maintenance of the Centre. A big thank you to all those who joined up in term one!



**Services at the Centre**

Our **Women's Support Team** provides skilled social work support, advocacy, counselling and growth groups for women facing a range of life challenges. Social Workers are Lyn & Ruth and our Counsellors are Myffie, Keri, Nancy, Catriona & Louise. Phone: 546 8441.

Our **Centre Coordinator** provides connections to information, resources, and other agencies, workshops, healing sessions, groups and gatherings, the Op Shop, facilities management and development. Our Coordinator is Britta. Phone: 546 7986.