

Workshops and Courses

Term 2, 2019 @ Nelson Women's Centre

All workshops \$7 or \$5 with membership

TO BOOK: Please Phone 546 7986, email: coordinator@nelsonwomenscentre.org.nz

Pay online to secure your place! Nelson Women's Centre 03 1355 0736361 00

Please use your initials and Last Name for a reference and "WORKSHOP" or you can drop in at 44 Trafalgar Street, Nelson 7010 to pay with cash.

Art Workshops on TUESDAYS 9.30am - 12 noon unless specified

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| 7th May, Tues 12.30-2.30pm | Flax Weaving for beginners - <i>Shelley Neame</i> Learn the Basics: How to harvest and prepare Harakeke (flax) and make a simple Kono (basket) to take home. This is a great workshop for beginners to learn some flax skills and techniques. Please bring \$2 for materials. |
| 14th May, Tues 12.30-2.30pm | Make Your Own Natural Skin Balm - <i>Shelley Neame</i> Learn about infusing oils with plants, and make your own natural nourishing balms for skincare to take home. Please bring \$2 for ingredients. |
| 8 May -12 June, Wednesdays! 1.30-2.30pm | Ukulele Beyond Beginners - 6 week course with <i>Gretchen Howard</i>. Build on the basics and learn more chords, strums and fingerpicking. Bring your singing voice, sense of humour, ukulele and music stand if possible. Contact kitesfun@gmail.com for course content enquiries. |
| 21 May, Tues 10.30am - 12.30pm | Floral Crown Making - <i>Annie Riley from The Reed Smith</i> Make your own gorgeous Floral Crown, and take it home with you. Bring your own flowers and greenery that you've foraged, some will be provided too. Please bring along \$2 for crown materials. |
| 28th May & 4th June, Tues 1.00 - 3.30pm | Drawing workshops (over 2 afternoons) - <i>Maree Cathcart</i> Landscapes: Part 1 The Boulder Bank, Part 2 Cityscapes. Please bring your drawing kit. Tutor will supply some materials. All women are welcome. |
| 11th June, Tues 10.30am - 12.30pm | Making Blessing Stones - <i>Tanya Doty</i> Blessing stones are a unique way to mark special moments in your life or those close to you, including weddings, births, milestone birthdays, or use as a tribute at a funeral, christening or confirmation. They are beautiful decor pieces, a reminder to count our blessings or to help us remember our connections to the earth and nature. Please bring \$2 for materials. |

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NELSON WOMEN'S CENTRE
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Nelson City Council
te kaunihera o whakatū

Discovery Workshops THURSDAYS 12.30 - 2.30pm unless specified

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| <p>6th May - 24th June, Mondays 10am-12pm \$40 for course (let us know if this is a barrier)</p> | <p>Pathways to Power - <i>Kindra Douglas</i> An 8-week guided course in exploring your sense of SELF, your strengths, your ability to reflect on your behaviours and beliefs, your power to choose and make things happen, feel more in charge of your life. New skills to empower yourself!</p> |
| <p>9th May, Thurs 10am-12pm Bring \$2 for ingredients</p> | <p>Let's Get Babylicious - <i>Charley Chop Chop</i> Come along to our friendly kitchen table session and learn how to create Charley's FAMOUS Blueberry Banana Ice-blocks (perfect for a teether), baby puree & quality snacks, perfect for bubba's 6-12 mths. Easy / Healthy / Delicious. Plus Charley's energy is contagious!</p> |
| <p>15 May - 12 Jun Weds 10 -11.30am <u>4 weeks course</u> \$20</p> | <p>Mothers - <i>Patricia Greenhough</i> This is a course for healing mothers in their relationship with their children. "We can't necessarily change our children, however we can change ourselves and our response to whatever situation we find ourselves in." For Mothers & Grandmothers.</p> |
| <p>16th May, Thurs 12.30 – 2.30pm</p> | <p>Healthy Goal Setting - <i>Anne Bate</i> Goal setting often feels like a mean joke. How come some people get there and others don't? Explore with Anne where we want to go, and how to get there. All women welcome.</p> |
| <p>23rd May, Thurs 12.30 -2.30pm Bring \$2 for ingredients</p> | <p>Winter Wellness - <i>Charley Chop Chop</i> Charley Chop Chop returns to our kitchen table, to show you her amazing winter recipes to keep you well! Easy delicious recipes that will support your wellness during the upcoming cold season.</p> |
| <p>30th May, Thurs 12.30 -2.30pm</p> | <p>Depression: Living with/Training The Black Dog - <i>Anne Bate</i> Depression can seem like the 'common cold' of society. Understand the reasons behind this debilitating nasty & learn ways to move forward, including how to support those suffering.</p> |
| <p>6 & 13th June, Thursdays 12.30 – 2.30pm</p> | <p>Self Love - <i>Sharon Broderick</i> Learn how to identify with yourself in the most loving way, how to support yourself, care for yourself and nurture the best that you can be ♡</p> |
| <p>20th June, Thurs 10.30am - 12.30pm</p> | <p>Meditation Healing, using voice & sound - <i>Franceska Francina</i> Explore stillness; sing, meditate and be engulfed by the healing sounds of voice and the Tibetan bowls. This is such a luxurious treat session, full of relaxation!</p> |

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