

Workshops and Courses

Term 3, 2019 @ Nelson Women's Centre

All workshops \$7 or \$5 with membership to the Women's Centre

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

Please 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 unless specified

<p>30th July, Tues 10am-12.30pm</p>	<p>Wet and Dry Mixed Media – Maree Cathcart Come and explore how to get creative using wet and dry mixed media. All range of abilities are welcomed here. Surprise yourself with some fun self-expression! Please bring an extra \$2 for materials.</p>
<p>31st July- 4th Sept, Weds! Starts 1.00 or 1.30pm -2.30pm</p>	<p>Ukulele - 6 week course with Gretchen Howard. Ukulele with Gretchen starts 1-1:30pm – early start for basic chords and strums, 1:30-2:30pm - open class for new and returning students who understand the basics and are ready to expand their skills. Any questions contact Gretchen via email: kitesfun@gmail.com</p>
<p>6th August, Tues 10.30am-12.30pm</p>	<p>Intuitive Painting – Marianne Vetterli Learn about how you can confidently and joyfully create a painting without having any previous knowledge. We will learn about mediums & the different effects that colours, different shapes & words have on the mind. All women welcome. Please bring \$2 for materials.</p>
<p>13th Aug, Tues 10.30am - 12.30pm</p>	<p>Circle Weaving – Karuna Peralta In this gorgeous workshop you get to make a colourful little earring/trinket 'bowl' with colourful yarns. Or turn it into a brooch or accessory. It's all about the weaving! Very relaxing and just a little bit addictive. Please bring \$2 for materials. (Wooden circles available to buy from tutor for \$10, to take home after the session).</p>
<p>20th August, Tues 10am - 12pm</p>	<p>Floral Crown Making - Annie Riley from The Reed Smith 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.</p>
<p>27th August & 3rd Sept, Tues 12.30 - 2.30pm</p>	<p>Painting with Acrylics (over 2 afternoons) - Maree Cathcart Session 1: A fun introduction to painting with acrylics and playing around with paint. Create an abstract piece and get creative. Session 2: Create an art piece of a still life or fruit study, using acrylic paints. Prepare to have lots of fun activation your creative side. All ability levels welcomed.</p>

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NELSON WOMEN'S CENTRE
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Discovery Workshops THURSDAYS *unless specified*

<p>25th July- 29th Aug, Thursdays 10am-12pm \$5 koha each session</p>	<p>Young Mum’s Support Group – <i>Helen Williams</i> This is a group where new Mum’s can get together, share experiences and encourage / support each other over 6 weeks. It is a chance to learn new skills to help you cope with difficult times, build confidence and celebrate these special first years. Each week we’ll have a new topic to explore. Morning tea provided. All welcome.</p>
<p>31th July-28th Aug, Weds 10am -11.30pm</p>	<p>Making Friends with Money – <i>Patricia Greenhough</i> Patricia will use NLP and the havening techniques, to address all aspects of money so that you can heal your past and get comfortable with your financial decision making. (5 sessions – this course is \$25 for NWC members).</p>
<p>8th Aug, Thurs 1pm-2.30pm</p>	<p>Introduction to Reflexology – <i>Liz van Beek</i> (World Reflexology Foundation Workshop). Discover techniques to reduce anxiety & stress without using tools or medications. Direct pressure from your own hands on specific reflex points on your feet, hands and ears, stimulate the nervous system to rebalance hormones, nervous and circulatory systems. All women welcome!</p>
<p>15th August, Thurs 12.30-2.00pm</p>	<p>Meditation with Sound: from sound into silence – <i>Marianne Vetterli</i> In this meditation session, learn how to become present to our ‘self’ with the help of the pure sound of Crystal & Tibetan singing bowls. Being with this healing sound will help to quieten the mind becoming still, cultivate a sense of peace, increasing feelings of wellness & calm.</p>
<p>22nd Aug, 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! All Mum’s and Bubs welcome.</p>
<p>5th Sept, Thurs 10.30am – 12.30pm</p>	<p>Assertiveness Skills - <i>Anne Bate</i> Need to find your voice with the bullies in your life? Want to know how to negotiate or push-back? Learn new ways to get back a balance of power. Get some practical tips in a safe and uplifting setting, with Anne.</p>
<p>12th Sept, Thurs 10am -12pm Bring \$2 for ingredients</p>	<p>Healthy Sweet Treats – with <i>Charley Chop Chop</i> Charley Chop Chop returns to our kitchen table, to show you her amazing sweet treat recipes! Healthy <i>and</i> treaty does exist! Easy delicious recipes that will support your health!</p>
<p>19th Sept, Thurs 12.30 -2.30pm</p>	<p>Building Confidence & Self-esteem - <i>Anne Bate</i> Do you lack the confidence to do what you really want? Learn to embrace your strengths, find ways to build your confidence and empower yourself. This one off session is a great boost!</p>

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