

Workshops and Courses

Term 3, 2021



NELSON WOMEN'S CENTRE
TE WHARE ĀWHINA MŌ NGĀ WĀHINE PUAWAI

44 Trafalgar Street, Nelson

COURSE FEES	EACH SESSION: <ul style="list-style-type: none"> NELSON WOMEN'S CENTRE NON-MEMBERS: \$7 unwaged / \$10 waged NELSON WOMEN'S CENTRE MEMBERS: \$5 unwaged / \$7 waged Please check for any materials costs.
PAYMENTS	Please pre-pay online to secure your place. Nelson Women's Centre 03 1355 0736361 00 Use your initials / Last Name as a reference & "WORKSHOP" On-site: Pay cash/Eftpos
3 WAYS TO BOOK A COURSE	PHONE: 546 7986 EMAIL: accounts@nelsonwc.org.nz IN PERSON: Drop by the front reception to inquire and sign-up

Art Workshops

27th July 3rd, 10th, 17th August Tuesdays 10.00am- 12.30pm	Living Life with Freedom & Vitality, a weekly psychodrama Group for Women – Ali Watersong Pre-requisites: No acting experience is required. Previous attendees can attend again. Psychodrama is an action method where you can gain new perspectives and insights by setting out scenes from your life using things and other people. This course will help you to live a rich and fulfilling life and develop your ability to respond effectively to old situations or new challenges. We will develop a supportive group atmosphere where women can learn from each other. <i>Ali Watersong has recently moved to Nelson from Lyttelton. She is a counsellor and certificated psychodramatist (AANZPA) with extensive experience in group work and has been facilitating a variety of personal development groups in the community for over 30 years.</i>
19th August Thursday 12.30am- 02:30pm	Intuitive Painting – Marianne Vetterli A wonderful opportunity to explore your inner creator. Have you always wanted to paint but unsure how? We will set a calm environment, discover different mediums and Marianne will guide you to create your personal, meaningful masterpiece. All welcome. <i>Marianne is an experienced tutor who brings a warm and calming energy to her workshops.</i>
September 20th Monday 10.30am- 12.00pm	The Art (and Science) of Spanish Cooking: Paella and Simple Tapas – Anna Mae Angeles (additional \$2 to cover ingredients costs) No cooking experience is required. Learn the basics of making simple and quick tapas. Tapas are Spanish appetisers and snacks. <i>Anna Mae is a self-taught home-cook and avid traveller specialising in Filipino-Spanish cuisine.</i>
August 31st Tuesday 10am -12pm	Painting Basics (composition, colour, value, etc.) – Nicole Russell Enjoy a refresher or start learning with the painting basics workshop. In this workshop you will learn about composition, values, colour harmony and some basic drawing tips. Please bring paper, pencil, eraser, a still life or photo (optional) Materials provided: brushes, acrylic paint (yellow, red, blue & white), acrylic paper You are welcome to bring your own painting material, e.g., watercolour or oils (only odourless).

Discovery Workshops

<p>11th & 18th August Wednesday 10.00am- 12.00pm</p>	<p>Employment Workshop – Anessa Jay Shankar will be delivering workshops to provide participants with an effective approach to job hunting, the confidence to apply for jobs and how to pull together an effective CV, Cover Letter and prepare for job interviews.</p> <p>Anessa is an Employment Consultant with a background in HR, Life Coaching, Learning in Development. She enjoys helping people find their way to make a difference, live in alignment with their values, and learn to sustainably balance their career.</p>
<p>10th, 17th & 24th August, Tuesday 1pm-2:30pm</p>	<p>Acupressure for Women’s Health – Liz van Beek of Nature’s Effusion brings to you 3 weekly classes on Women’s Health using Acupressure. These classes build upon each other, to learn Acupressure techniques to aid your body naturally back to homeostasis. (Aka balance).</p> <p><u>Note: Each class can be taken separately as well.</u></p> <p>Session 1 10th Aug Acupressure for period pain – do you suffer from cramps or feel lethargic around this time?</p> <p>Session 2 17th Aug Acupressure for brain fog – do you suffer from lack of focus or mental clarity at the time of menstruation?</p> <p>Session 3 24th Aug Acupressure for Menopause – entering this phase you may still suffer from cramps, feeling lethargic and brain fog, but wait there’s sometime more..... hot flushes, mood swings, achy joints, let’s use acupressure to bring about homeostasis/balance.</p>
<p>12th August & 9th September, Thursday 12pm-1:30pm</p>	<p>Midday Meditations (2 sessions) – Jingjing Jackson</p> <p><u>Note: Each class can be taken separately</u></p> <p>Meditation doesn’t have to be sitting still and closing eyes. In this workshop, we will experience calmness and happiness by engaging our wonderful body.</p> <p><i>Jingjing Jackson is a Yin Yoga Teacher, Tai chi and Meditation practitioner with over 10 years teaching experience in NZ, UK and China.</i></p>
<p>21st & 28th September, Tuesday 10am-12.00pm</p>	<p>A Workshop for Anxious Times (2 sessions) – Carol Nielsen We offer practices and workshops that change lives. Carol aims to teach clients how to hack the nervous system, body and brain using the most powerful resources you have – your breath and your body. This is an interactive workshop and shows a pathway towards managing yourself through tough times and beyond.</p>
<p>16th & 23rd September, Thursday 10am – 12pm</p>	<p>Self-Leadership (2 sessions) – Dani Ferrier Would you like to know the 5 steps to improve life from being overly emotional and all over the place to having a clear focus and feeling powerful?</p> <p>Do you ever experience being emotionally up and down and snapping at people? Feeling frustrated that things are just not working for you, and you want to find another way? Or are you tired of your negative thoughts holding you back from what you can achieve?</p> <p>Dani’s workshops will help you understand your mind better, how do have more energy in your life and learn how to respond to events in your life in a calm way.</p>

Free Workshops

**9th, 16th, 23rd &
30th August
Monday
10am – 12pm**

Head Space – Cloud of Unknowing – *Linda Dimitrievski* - Take part in creating a large-scale installation work, due to be exhibited at the Refinery ArtSpace in November! The work explores modes of existence and looks at human connections, what we look for as we reach out for each other.

For this workshop we'll be attending the last step of making little heads, made of fabric and foam, that make up the main body of the installation. Some cutting with scissors and (very) basic sewing required as we sculpt the faces.

Open to all abilities