



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

Hands-On Art & Crafts

Term 2, 2017 @ Nelson Women's Centre

Have Fun being Creative! All Women are welcome!!

Art Workshops on TUESDAYS 9.30am - 12 noon; unless specified \$5 each

16 May	From Trash to Treasure Learn to make paper flowers and butterflies	Annie G. Crossland
23 May	Drawing Workshop - Self Portrait Discuss various types of portraiture then draw yourself from a photocopy	Maree Cathcart
30 May	Craft - bringing our ancestors alive Transform old crochet, keepsakes, and mementos into works of art that mean something to you.	Greta Tapper
6 June	Chalk Pastels with Charcoal Enjoy art with fun and excitement to open up your inner artist.	Yvonne Eggers
13 June	Portrait Exploring the portrait in a fun and experimental collage workshop	Sally Barron
20 June	Mixed Media - altered books Bring an old hard-covered throw-away book. We will abuse it, change it, decorate it and make it ART	Maree Cathcart
27 June	Flax Weaving Learn to weave a kono, a small harakeke basket and learn about <i>tikanga</i>	Lesleigh Grey

44 Trafalgar Street, Nelson 7010

Bookings essential - Ph: 546 7986; email: nnwomenscentre@ts.co.nz



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Discovery Workshops

Term 2, 2017 @ Nelson Women's Centre

Have Fun and Learn New Things! All Women are welcome!!

Discovery Workshops THURSDAYS 12.30 - 2.30pm unless specified; \$5 each

18 May	Life coaching We explore what we currently struggle with most and what techniques we can learn to propel us out of that struggle to enjoy happier days as a result	Angelika Barnes
25 May	Introduction to Positive Psychology "Positively Me" what are the basics of this theory that talks about "rewiring the brain" for happiness	Rona Abbott
1 June	101 ways to cook a pumpkin Learn how easy it is to make different dishes with an ordinary pumpkin	Sally Rees
8 June	Have fun with the Ukulele Learn basic chords and easy strums. Bring your singing voice, a sense of humour and a ukulele if possible	Gretchen Howard
16 June	Personal Safety Skills Gain practical, empowering and transferable <i>Personal Safety Skills</i> to enhance living & working relationships	Rona Sedman
Friday Note: ACC rooms, 47 Collingwood Str		
22 June	Acupressure with Breath Learn a gentle way of self-healing by stimulating pressure points, combined with your breath to release pain and illness and to create wellness	Yvonne Eggers
29 June	Introduction to Psychodrama Explore some of the foundations of psychodrama as they relate to us and our lives	Jacqui Gough

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