

Workshops and Courses

Term 1, 2019 @ Nelson Women's Centre

All workshops \$7 or \$5 with membership

Phone: 546 7986; email: coordinator@nelsonwomenscentre.org.nz

or drop in at 44 Trafalgar Street, Nelson 7010

Art & Craft Workshops on TUESDAYS 9.30am - 12 noon unless specified

19 Feb 1.00-3.30pm	Drawing workshop #1 - Maree Cathcart The Basics: Part 1 materials and terminology, Part 2 practical skills Please bring your drawing kit. Tutor will supply some materials
27 Feb-3 April Wednesdays! 1.30-2.30pm	Beginner Ukulele - 6 week course with Gretchen Howard Learn the basic chords and strums. Suitable for anyone just starting or wanting to refresh. Bring your singing voice, a sense of humour and a ukulele if possible. Some ukuleles are available to use at the class.
5 March 1.00-3.30pm	Drawing Workshop #2 - Maree Cathcart Sketching from life: Part 1 Looking and seeing Part 2 Sketching and drawing the object. Please bring an object to draw.
13 March Wednesday!	Mould making - Greta Tapper Learn how to cast objects so you can make copies. - basics of casting, making moulds that work. - plaster and latex casting
22 March Friday	Simple Watercolours - Nicole Russell A fun class, which will introduce you to the magical world of watercolour paintings. This class is designed for the beginner and Nicole will guide you step by step to your final painting. <u>Bring your own materials or pay \$5 for materials</u>
26 March	Make your own posies – Annie Riley Tips and advice on posies design and floral arrangement. Make your own posies and take it home with you. Bring your own flowers and greenery, some will be provided.

Discovery Workshops THURSDAYS 12.30am - 2.30pm unless specified

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<p>15 Feb – 8 Mar Fridays 10.45am-noon <u>4 weeks course</u> \$25 for the course</p>	<p>Belly dancing – Gretchen Howard Improve flexibility, coordination, posture, balance, and strengthen your core, all to beautiful Middle Eastern music. Have fun, meet new people and make new friends. Please wear comfortable clothing you can easily move in & bring a water bottle. If you have one, please bring a fringed scarf. Note: At Peta Spooner Dance Studio, 12 Hastings Street</p>
<p>22 Feb -15 Mar Fridays! 10 -11.30am <u>4 weeks course</u> \$20 for the course</p>	<p>Mothers - Patricia Greenhough 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." This is for Mothers and Grandmothers who want to have more skills and find inner peace in their parenting experience: Patricia Greenhough will use a range of techniques that will help you in the way that you relate and respond in whatever situation you find yourself in.</p>
<p>28 February</p>	<p>Legal Workshop “ Credit and Debt – Julia O’Connor Understand what issues you need to think about when borrowing money, and options for sorting out any problems, if you ever have any debts</p>
<p>7 March Please bring \$2 for ingredients</p>	<p>Quick Raw Desserts - Sally Rees "With the abundance of fresh fruit available learn how to put together healthy nourishing desserts to finish your meal or as a healthy snack."</p>
<p>14 March 10.30-11.30pm</p>	<p>The Energy Workshop – Ljuba Marsh A workshop about energy systems in our bodies and should be the first lesson we learn as human beings. This information has no expense and no equipment but can help you every day of your life to live at the highest level possible</p>
<p>21 March</p>	<p>ANGER: Friend or foe - Anne Bate "Understanding anger" What’s really going on and tools to stay in control’.</p>
<p>28 March Please bring \$2 for ingredients</p>	<p>Let's Get Cooking with Charley Chop Chop During this workshop you will learn to make a selection of smoothies and buddha bowls. I will also share some inspiring tips on how to be the best you can be for your daily health &wellness</p>



NELSON WOMEN'S CENTRE
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