

Hands-On Art & Crafts

Term 1, 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

21 Feb	From Trash to Treasure Learn to weave waste paper into amazing placemats and coasters	Annie G. Crossland
28 Feb	Journal writing Journal Writing can be so much more than the mere chronicling of daily happenings. Explore techniques to clarify thoughts, solve problems, visualise the future and resolve past issues	Mary Hickey
7 Mar	Drawing class Looking at the human face. Draw and refine a self portrait and discuss different portrait styles	Maree Cathcart
14 Mar	Colour sketching - Still life studies Learn to apply colour in drawings, without using paint, to develop tone & composition using various sketching mediums to 'paint' with	Larisse Hall
21 Ma	Weaving flax Learn to weave a kono, a small harakeke basket	Lesleigh Gray
22, 29 Mar	Upholstery (two classes) Learn how to upholster at this 2 day beginners Upholstery Hobby class. You will learn heaps of skills and achieve an upcycled piece of furniture. Bring your own drop in seat, dining chair or stool	Lisa Mc Gregor from Boho Velvet
4 Apr	Easter Crafts Easter Crafts you can do with the kids	Greta Tapper

**Bookings essential - Phone: 546 7986 or email: nnwomenscentre@ts.co.nz
44 Trafalgar Street, Nelson 7010**



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

supported by
Tasman District Council

Discovery Workshops

Term 1, 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

23 Feb	Music Meditation-Healing Explore stillness; sing, meditate and be engulfed by the healing sounds of Tibetan bowls	Francesca Francina
2 March	De-clutter Tidy your house forever - the easy way to de-clutter - make more space, stop the stress & save heaps on time	Sally Rees
9 March	Life after Care-giving New beginnings for former family caregivers. Self-discovery	Rona Abbott
16 March	Life after Care-giving New beginnings for former family caregivers. Goal achieving techniques	Rona Abbott
23 March	Residential tenancies - legal workshop Agreements, challenges & the Tenancy Tribunal	Julia O'Connor
30 March <u>Note:</u> ACC rooms,	Discover the joy of belly dancing Learn gentle, fun & feminine movements to Middle Eastern music. Hips scarves & veils will be provided	Gretchen Howard
6 April	Aromatherapy Experience Nature's Medicine with CPTG Essential Oils and learn how to incorporate these into your life for health & wellness	Tania Craig-Smith

Bookings essential - Phone: 546 7986 or email: nnwomenscentre@ts.co.nz
44 Trafalgar Street, Nelson 7010



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

supported by



Nelson City Council
te kaunihera o whakatū