



NELSON WOMEN'S CENTRE
TE WHARE AWHINA MO NGA WAHINE PUAWAI

44 Trafalgar St, Nelson 7010 ph (03) 546 7986 nnwomenscentre@ts.co.nz

Workshops and Courses

Term 4, 2018 @ Nelson Women's Centre

All workshops \$7 or \$5 with membership. Bookings essential

Phone: 546 7986 or email: nnwomenscentre@ts.co.nz

<p><u>Money Mates</u> - Jill Smith (Te Korowai Trust) The course is ideal for anyone who's experiencing financial hardship or for those who simply want to learn about money and debt management and budgeting skills. <u>by donation</u></p>	<p>Dates: Thursday, 4-25 October Time: 10.30am-11.30am FREE booklets includes recipes for home and health plus a personal financial planning book</p>
<p>RE: Sewing Craft with sustainability in mind Projects will include grocery bags and other necessities. Learn pattern making and clothing alterations. Some flexibility in the programme, bring ideas!</p>	<p>Tutors: Ruth & Nina Dates: Tuesdays, 23 Oct - 27 Nov Time: 7pm - 8.30pm; EVENINGS Duration: 6 weeks</p>
<p>Beyond Beginners Ukulele - Gretchen Howard We will go over the music from past terms and include some Christmas music. enrol at kitesfun@gmail.com ph: 548 8707</p>	<p>Dates: Wed, 17 Oct - 21 Nov Time: 1pm-2pm Duration: 6 weeks Cost: \$30 member/\$42 non-membr</p>
<p><u>Beautiful Skin</u> - Pauline Stock Enjoy a DIY facial as you learn about your skin and how to care for it and feels it's beautiful best.</p>	<p>Dates: Thursday, 25 October Time: 12.30-2.30pm</p>
<p><u>Relaxation Techniques</u> - Diane Clarke. A 4-week course designed to teach various relaxation techniques to combat the effects of daily life stressors.</p>	<p>Dates: Tues, 30 Oct - 20 Nov Time: 1.00 - 2.30pm Cost: \$20 member/\$28 non-membr</p>
<p><u>Relationships & Property Law - legal workshop</u> The workshop will cover property issues that arise in relationships, whether married, de facto or Civil Union.</p>	<p>Tutor: Julia O'Connor Dates: Thursday, 1 November Time: 12.30 - 2.30pm</p>
<p><u>Nature Poetry</u> - Clare Jones Explore new poetry landscapes and experiment with the sounds, sights and symbols of the natural world. We will try some exercises to flex your metrical muscles.</p>	<p>Dates: Tuesday, 6 November Time: 10.00 - 12 noon <i>Bring one or two natural objects with you to the workshop</i></p>

<p><u>Lost Words Workshop for Mums and Kids</u> Celebrate the ordinary words of nature! In this workshop kids and mums, together, will create acrostic poems and luminous watercolours that bring to life the flora and fauna of Nelson. Ages 8 -12</p>	<p>Tutor: Clare Jones Dates: Wednesday, 7 November Time: 3.30 - 4.30 pm Venue: <u>Nelson Public Library!!</u></p>
<p><u>Transformer from 2D to 3D</u> - Donna Allfrey Choose a child's drawing or painting and 'transform' it into a wonderful three-dimensional artwork</p>	<p>Dates: Wednesday, 7 November Time: 6pm - 8pm; EVENING Venue: <u>Refinery Art Space;</u></p>
<p><u>Feltmaking Intro & Technique extension</u> An introduction to Feltmaking & extension for those with experience. A practical colour therapy</p>	<p>Tutor: Mary Andrew Dates: Tuesday, 13 November Time: 9.30 - 1.30 pm Cost: incl \$5 towards materials</p>
<p><u>The Art of Laughter</u> - Catherine Hughes Laughter Yoga is a unique exercise routine which combines unconditional laughter with yogic breathing</p>	<p>Dates: Tuesday, 20 November Time: 10am - 11am</p>
<p><u>Print making</u> - Melanie Rees Printing from a circular base, create mandala type compositions using stencils of paper, plants and fabric.</p>	<p>Dates: Tuesday, 27 November Time: 9.30 - 12 noon</p>
<p><u>Seasonal Scandinavian Food</u> - Sally Rees learn about <i>Hygge</i> and how the Danes enjoy their food. Includes biscuits, drinks and some special Danish Xmas food.</p>	<p>Dates: Thursday, 29 November Time: 12.30-2.30pm Cost: incl \$2 towards ingredients</p>
<p><u>The Art of Laughter</u> - Catherine Hughes Laughter Yoga is a unique exercise routine which combines unconditional laughter with yogic breathing</p>	<p>Dates: Tuesday, 4 December Time: 10am - 11am</p>
<p><u>Music Meditation Healing</u> - Franceska Francina Explore stillness; sing, meditate and be engulfed by the healing sounds of Tibetan bowls</p>	<p>Dates: Thursday, 6 December Time: 10.30 - 12 noon</p>

Workshops are supported by

