

NWC BOOKCLUB

with *Nelson Women's Centre*

No set books, rather a different topic each month and members can choose what to read related to that topic. All are welcome.

DATES: 3rd Tuesday of each month @ 4pm

Term 1 dates: 20 Feb, 19 Mar, 16 Apr

COST: Koha

CONTRIBUTE

NWC MARKET

POSTPONED

Join us for a final Op Shop Sale in our back yard clothing market at the Nelson Women's Centre. Baking and other goodies will be available for purchase also.

Saturday 17 February, 10am-2pm

CELEBRATE

INTERNATIONAL DAY OF WOMEN & GIRLS IN SCIENCE

In honour of this year's International Day of Women & Girls in Science (Sun 11 Feb), Cawthron will be hosting an event showcasing the innovative, unique, and fun mahi that women are undertaking in science in Whakatu.

Sunday 11 February

INTERNATIONAL WOMEN'S DAY

This year's theme for International Women's Day is "Inspire Inclusion". When we inspire others to understand and value women's inclusion, we forge a better world.

And when women themselves are inspired to be included, there's a sense of belonging, relevance and empowerment.

Friday 8 March



TO BOOK

office@nelsonwc.org.nz

03 546 7986

Drop in to the centre and book in person.

Bookings & payments in advance help us ensure our workshops go ahead.

TO PAY

ONLINE

Name: Nelson Women's Support Inc

Account Number: 03 1355 0736361 00

Please use your initial and last name + "WORKSHOP" as a reference.

IN PERSON We can accept cash or eftpos

Please pay at least 7 days before the workshop to secure your place.

MEMBERSHIP

For as little as \$10 a year, you can become a member of the Nelson Women's Centre. Members receive a 20% discount on workshops and your fee helps us with the running of the Centre.

For more information or to sign up, come see us at the Centre or visit our website nelsonwomenscentre.org.nz/helping-nwc/membership

CANCELLATION

We are reliant on reaching minimum numbers to cover costs of running workshops.

- If you are unable to attend a workshop, please provide 7 days' notice for a full refund. This allows us to fill your space with someone else.
- Cancellations made with less than 5 days' notice are non-refundable
- If NWC is not able to reach minimum numbers by 5 days prior to the course date, NWC reserves the right to cancel the course.
- If NWC needs to cancel for any reason, you will be notified and issued a full refund.



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

WHAT'S ON?

*Term 1
2024*



*We provide and sustain an environment that empowers wāhine to gain **clarity**, to **connect**, to **contribute**, and to **celebrate**.*

To find out more about any of our workshops and events, or see our facilitator bios, head to our website.

nelsonwomenscentre.org.nz

CLARITY

REGAINING STRENGTH & PASSION FOR LIFE

with *Lizzie Nicolson*

Regaining strength and passion for life is the theme for this year. Can you feel it? It takes courage to change your life and create new choices. Join Lizzie and learn new perspectives, strengthen your soul connection, and learn how to balance personality aspects that keep us stuck in ego responses. Very often magic occurs when we can free our stories of old, creating space within to bring bold changes.

DATE: Tue 19 Mar @ 1:00pm - 3:00pm

COST: \$12 for members or \$15 for non-members

CAREERS & COFFEE DROP INS

with *Elmarie Karg* from *Employable*

If you are looking for work or wondering about a change, and would like some support, these sessions are for you. Each session will have a topic, or you can bring the questions that you have.

DATES: 2nd Monday of every month @ 12:00pm - 2:00pm

Term 1 dates: 12 Feb, 11 Mar, 8 Apr

COST: Free of charge

HAKOMI THERAPY

with *Crysal Olds*

Would you like to feel heard? Seen? Would you like to be in a space where it is ok to be YOU, without judgment? A place where you feel welcome and safe?

Hakomi is a form of talk therapy (psychotherapy) that is based in mindfulness. It is a tool that offers an opportunity to support a persons' journey to wholeness through being seen, heard, welcomed, safe, and celebrated for being them.

These sessions are provided by a Student of Hakomi about to embark on her third year of study. Only three sessions will be available each Friday.

Please contact Crysal to book on 027 257 6096.

DATES: Fridays between 10:30am-2:00pm.

Bookings are essential.

COST: Free of charge, koha is welcomed



LET'S TALK...

Join us for a series of talks, workshops, and discussions around all things related to Women's Health & Wellbeing.

Let's talk about...

Let's talk with...

Let's talk to...

Let's talk together.

Together, we can encourage greater awareness, better discussions, and stronger knowledge around all those topics we can feel a little uncomfortable talking about.

DATES: *More details will be out soon...*

CONNECT

GROW YOUR OWN FOOD

An Organic Gardening & Design Course for Beginners

with *Ami Kennedy*

A six week introduction to organic FOOD gardening and design. This course will introduce you to the following topics: permaculture principles and thinking; *soil life and compost methods*; "*pests and diseases*"; *raised bed garden method*; *propagation, including seed sowing & raising, cuttings*; *crop rotation and companion planting*.

Ami has a wide range of experience and this course aims to support your organic food gardening and answer your questions. It is a low-tech course that focuses on face-to-face teaching, accompanied by handouts.

DATES: Tues 13 Feb, 20 Feb, 27 Feb, 5 Mar, 2 Apr, 9 Apr @ 5:30pm - 7:00pm

COST: \$72 for members or \$90 for non-members

UPCYCLE WEDNESDAYS

How to upcycle your clothes with fabric dyeing

with *Susanne Williamson* from *Unique Threads*

Learn how to refresh your clothes with fabric dyeing techniques. Each session will begin with 40min learning a fabric dyeing technique. Susanne will then work with you to apply that technique to things you may want to upcycle.

Participants will be able to work on ongoing projects also.

Book one session, or multiple

DATES: Wed 7 Feb, 14 Feb, 28 Feb, 6 Mar, 13 Mar, 20 Mar, 27 Mar, 3 Apr, 10 Apr @ 9:30pm-1:00pm

Please note: NO session Wed 21 February

COST: \$16 per session for members (\$144 total)
\$20 per session for non-members (\$180 total)

Some projects may incur additional material costs.

I HAVE ALWAYS WANTED TO DRAW - PART 2

with *Rosemary Stokell*

This drawing course can be for those with some experience as well as beginners. You may have attended Rosemary's course in 2023, be someone wishing to refresh your drawing skills, or a complete beginner.

Throughout this course, various pencil skills and techniques are covered, and you will discover that the art of drawing is easier than you thought!

DATES: 5x Tuesdays @ 10:00am - 11:30am
20 Feb, 27 Feb, 5 Mar, 12 Mar, 19 Mar

COST: \$40 for members or \$50 for non-members

SOUL COLLAGE

A Visual Journaling Technique

with *Noa Vodnizky*

Visual journaling uses collage as a discovery medium to capture and reflect on one's thoughts, experiences, and circumstances. Rather than creating a 'vision board', consciously projecting into the future, soul collage is an intuitive process that can then be used to reflect on the past, present, and future.

Learn a new process that is a great tool for life, while creating your own journal to keep for future use.

All materials are supplied.

DATE: Sat 24 Feb @ 10:00am - 12:00pm

COST: \$25 for Members, \$30 for non-members

NELSON WĀHINE CONNECT

with *Noa Vodnizky*

Sharing | Connection | Community

Join us for an opportunity to come together and connect. In this new iteration of Nelson Wāhine Connect, we would like to invite you to step in to the powerful space of a women's circle. Experience the joy and magic that happens when wāhine come together to connect, creating a safe space to listen and be heard, uninterrupted, and judgement free.

You are free to share as much and a little as you are ready for.

"A place to be heard uninterrupted, and attentively listened to, without any response from others about what I 'should' be doing has been extremely valuable in my growth and learning about myself. It truly is an awe cultivating experience for me." - Kate

DATES: Every 2nd Wednesday @ 7:00pm
Starting Wednesday 28 February

COST: Gold coin donation per session.

Please book in as spaces will be limited to maintain the integrity of the space.

With the support of the Nelson City Council