

# CONTRIBUTE

## CREATIVE CRAFTERS FAIR

**Saturday 28 October @ 10:00am - 12:00pm**

Head along to the Creative Crafters Fair for beautiful crafted creations, delicious baking, tea and coffee, and more. Some funds raised will be kindly donated to the Nelson Women's Centre. *Victory Community Centre, gold coin entry.*

## BREAST CANCER AWARENESS MONTH

Breast cancer is the most common type of cancer faced by wāhine in Aotearoa New Zealand. It will affect one in nine New Zealand women over their lifetime.

Join us, over the course of October, in learning how to detect breast cancer early, what support is available to us, and how to raise awareness within our community.

## GET READY TO SHAKE OUT

On **Tuesday 19 October @ 9:30am** there will be a nationwide earthquake and tsunami drill. This is a great opportunity to put your emergency response plan into practices.

<https://getready.govt.nz/en/involved/shakeout/>

## GUMBOOT FRIDAY

**Friday 3 November** - Gumboot Friday is all about raising funds to provide free and timely counselling for young people around Aotearoa New Zealand. We'll have our gumboots on down at the centre, and welcome you to join us.

## WORLD DIABETES DAY

**Tuesday 14 November** - 1 in 10 adults worldwide have diabetes. Watch this space for an opportunity to learn more about how diabetes impacts us as women.

# CELEBRATE

## NWC CHRISTMAS LUNCH

We will like to invite you to a special Christmas lunch for for all who use the centre. More details to come soon.

**Tuesday 19 December @ 12:00pm**



## CHRISTMAS/NEW YEARS CLOSURE

We will be closed

*Friday 22 December - Sunday 14 January.*

**Open from Mon 15 Jan 2024**



## 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](https://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 4  
2023



*Photos thanks to Rachel Hampton Fine Art*

*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](https://nelsonwomenscentre.org.nz)

# CLARITY

## LIVING YOUR AUTHENTIC LIFE

*A weekly personal growth group for women with Ali Watersong*

Discover ways to live your life with more authenticity and spontaneity. Build your capacity to respond effectively to old situations or new challenges. Psychodrama is an enlivening action group method where you can gain new perspectives and insights. *No acting experience is required.*

**DATES:** 6x Thursdays @ 10:00am - 12:30pm  
19 Oct, 26 Oct, 2 Nov, 16 Nov, 23 Nov, 30 Nov  
**NO session 9 Nov**

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

## NAVIGATING NARCISSISM

*with Lizzie Nicolson*

Relationships, past and present, can influence how we feel, what we do, and how we carry ourselves in life. All relationships are designed to help us grow and heal. Sometimes we become 'attached' to the pain more so than the learning that we need.... Join Lizzie in this workshop to explore how narcissistic behaviour can be looked at as a 'great awakener'.

This workshop is exploratory, with space to share your wisdom, and learn more about what those relationships can teach us all. Learn to let go and move forward with your life.

**DATE:** Tue 28 Nov @ 1:00pm - 3:00pm  
**COST:** \$12 for members or \$15 for non-members

## CREATING A LIFE THAT YOU LOVE

*A follow up from the session in Term 3*

*with Lizzie Nicolson*

This session can be for those who are looking for a starting point, or as a follow up for those who attended Lizzie's session in Term 3.

What if we could live our lives from a different perspective? What if what we needed, was within us all along? A deep dive, looking at the constraint of where you operate from, and turning this easily into a life you love daily.

**DATE:** Tue 5 Dec @ 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 Friday of every month @ 10:00am - 12:00pm  
**Term 4 dates:** 13 Oct, 10 Nov, 8 Dec

**COST:** Free of charge

# CONNECT

## GROW YOUR OWN FOOD

**NEW DATES**

*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 24 Oct, 31 Oct, 7 Nov, 14 Nov, 21 Nov, 28 Nov  
@ 5:30pm - 7:00pm

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

## GROW YOUR OWN FOOD

**NEW DATES & TIMES**

*An Intermediate Level Organic Gardening & Design Course with Ami Kennedy*

This six week course is for those who have previously completed the beginner level Organic Gardening & Design course. This will provide practical hands-on learning opportunities building on the previous knowledge gained.

We will cover the topics from the beginner course in more depth, with a practical application based in a real urban garden and how to observe, look and learn constantly within your space.

You will need to bring: *sturdy footwear, gloves, insect repellent and sun protection.*

Also bring your energy and willingness to engage in a practical exchange of knowledge and support.

**DATES:** Thurs 26 Oct, 2 Nov, 9 Nov, 16 Nov, 23 Nov, 30 Nov  
@ 5:30pm - 7:30pm

**COST:** \$96 for members or \$120 for non-members

## I HAVE ALWAYS WANTED TO DRAW

*with Rosemary Stokell*

This is a five session introductory drawing course for beginners. Various pencil skills and techniques are covered, and you will discover that the art of drawing is easier than you thought! If you are someone wishing to refresh your drawing skills then this course is also ideal for you.

**DATES:** 5x Wednesdays @ 10:00am - 11:30am  
15 Nov, 22 Nov, 29 Nov, 6 Dec, 13 Dec

**COST:** \$25 for members or \$40 for non-members

*With the support of Creative Communities NZ and Arts Council Nelson*

## CREATE CHRISTMAS TREE DECORATIONS

Join us for a fun session creating Christmas Tree decorations. You will create one for our Nelson Women's Centre Christmas Tree at the Nelson Cathedral Christmas Tree Festival, and one to take home with you. These decorations will have a focus on what it means to be a woman.

**DATE:** Wed 8 Nov @ 10:00am - 12:30pm

**COST:** \$5 for members, \$8 for non-members (to cover material costs)

## 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 4 dates:** 17 Oct, 21 Nov, 19 Dec

**COST:** Koha

## NELSON WĀHINE CONNECT

*with Nelson Women's Centre*

**Movement | Connection | Community**

Join us for an opportunity to meet and connect over a shared activity. Walks in the community, visits to local attractions, and a chance to make connections. *Suitable for all ages and abilities.*

**Note:** *these sessions are currently under re-development, and will be re-launched soon. In the meantime, feel free to join us in it's original format.*

**DATES:** Every 2nd Wednesday @ 12:00pm

**COST:** Free of charge

*With the support of the Nelson City Council*

